



NUTRITION AND FITNESS WITH HOPE Inc.

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90-DAY TRANSFORMATION ACHIEVEMENT CERTIFICATE

Awarded to:

Susan Meldon

In recognition of outstanding commitment, discipline, and life-changing transformation achieved through structured, sustainable nutrition and fitness over a 3 month period.

Health Improvements	Body Composition		Fitness Progress
Blood sugar: <input checked="" type="checkbox"/>	%Body fat: 47 to 37	Waist: 120 to 102cm	Strength: Increased
Blood pressure: <input checked="" type="checkbox"/>	Fat mass:101 to 62lb	Hip: 130 to 115cm	Endurance: Improved
Liver function: <input checked="" type="checkbox"/>	Body weight:212 to 168lb	Chest: 122 to 104cm	Jump training: Improved
Hot flashes: <input checked="" type="checkbox"/>	BMI: 39-30	R. arm: 48 to 41cm	Core/Ab strength: Improved
Cholesterol: Improved	Fluid: 38 to 45%		Consistency: Outstanding

HABIT & LIFESTYLE TRANSFORMATION

Development of consistent, sustainable nutrition and fitness habits

Increased energy levels and daily functioning

Increased hydration

Stronger mindset developed

This achievement represents not only measurable improvements in health markers, but a complete commitment to long-term lifestyle transformation, discipline, and personal growth.

Authorized by:

Elite Transformation
Gold Level

NFH is committed *transforming lives through sustainable nutrition and fitness.*