



**Bodyweight Diet®**

**The Weight Journey**

**[www.bodyweight.diet](http://www.bodyweight.diet)**

# **Bodyweight Diet®**



We decided to follow one of our participants on their Bodyweight Diet journey. Those who followed him could track his progress on our social media accounts and Facebook.

For 12 weeks, we documented Kenth Sigfridsson as he followed the Bodyweight Diet program precisely. He adhered to our 8-hour eating window and maintained his strength training with our Bodyweight Diet 12-week program. The results were quick to show.

**Here's a quick interview before his weight-loss journey began, and now you can follow his progress step by step.**

# Bodyweight Diet 12 week weight journey

**Name:** Kenth Sigfridsson

**Starting weight:** 102.2 kg

**Waist:** 113 cm

**Bodyweight Diet:** When did your weight become a problem?

**Kenth:** It was probably about three years ago when I started having trouble with my shoulder. In terms of weight, it became a problem when I went over 90 kilos.

**Bodyweight Diet:** How does your current weight affect your life right now?

**Kenth:** My training and exercise are limited because I'm too heavy.

**Bodyweight Diet:** What methods have you tried before to lose weight, and why do you think they didn't work?

**Kenth:** Among other things, I tried your previous Bodyweight Diet program together with Modifast. I lost a lot of kilos, but unfortunately, I quickly gained it all back. I didn't change my routines during the weight loss, and I think that's the reason I returned to my starting weight.

**Bodyweight Diet:** How much weight do you hope to lose now?

**Kenth:** I hope to lose 5 kilos in the first month. That's a goal I believe is realistic for me — I don't want to set the bar too high.

**Bodyweight Diet:** What is your biggest challenge: Food, exercise, or temptation?

**Kenth:** Evenings in front of the TV are tough, but I'm going to try to change my daily habits.

**Bodyweight Diet:** What do you expect to get out of Bodyweight Diet Online besides weight loss?

**Kenth:** I hope for an increased sense of well-being and to sleep better along with the weight loss.

The following information is taken directly from Kenth's diary.



## DAY 1

Today Kenth kicks off Day 1 of his Bodyweight Diet Online program — combining training with 16/8 intermittent fasting, which he'll follow for the next 12 weeks.

**Kenth's starting weight:** 102.2 kg

**Waist measurement:** 113 cm

When you see a photo of his meal, you can tell he knows what he's doing. His eating window is 8 hours, during which he'll have two meals plus two snacks.

Kenth's training will be a mix of gym workouts and Bodyweight training with our bands, plus daily walking. We've set his initial goal at 8,000–10,000 steps per day for the first two weeks. We'll monitor his progress and adjust his cardio to keep the weight loss steady and consistent.

## Here's Kenth's own update:

Day 1 — Weight: 102.2 kg | Waist: 113 cm

Started the morning at 10:00 a.m. with a big glass of water, followed by a large cup of coffee. First meal was at 12:40 p.m. — 150 g of quark and 2 boiled eggs. At 5:00 p.m., I had a protein shake before my workout because I felt a bit empty. Ended the day with chicken breast, rice, and salad.

Steps: 4,532

Training: 50 minutes of strength training at the gym, following Bodyweight Diet's 4-day workout plan.



## DAY 2

Today has been another good day. It started off well — I even woke up about 10 minutes before my alarm (good start!). I had a big mug of black coffee and about 200 ml of water.

I had my first meal at 12:00 p.m., although I forgot to take my apple cider vinegar beforehand, so I had it after my meal instead. Today's first meal was 250 g of quark, two eggs, and a glass of water. In the afternoon, around 2:30 p.m., I had a pear.

For a snack, I had 150 g of quark and a bit of pizza salad.

Dinner was 236 g of pork tenderloin, new potatoes, and vegetables. All in all, today has been good! I hit 10,515 steps. I've decided to weigh and measure myself only once a week. I plan to add a bit more to my snacks — I probably need at least 250 more calories during the day.

**And remember, friends: all training is good training.** (The Stock lifter)

### **Bodyweight Diet Team's comment:**

We've recommended that Kenth start out with 1,700–1,800 calories per day. He burns about 1,900–2,000 calories at rest. Adding his daily 10,000 steps (about 300–400 calories) and strength training (200–300 calories per session), he ends up with a daily deficit of up to 700 calories (7,000 calories = 1 kg). That's a perfect slow start!



## **DAY 3**

I woke up today and really felt that my body wanted food — waking up hungry was a bit tough.

But I got up and drank two big glasses of water, and after about an hour, I had a large cup of coffee. I can feel my body burning more now that I've been stricter with my carb intake. I had my first meal right on schedule at 12:00 p.m., just as the program says.

I have to admit — I had to fight my hunger a bit today. But I told myself, today we push a little harder, and it felt good to win that battle. I even gave myself two slices of ham as a bonus reward for a job well done. In the afternoon, I had a protein shake before heading to the gym, and I wrapped up the day with a solid dinner at 747 calories, bringing my total for the day to 1,358 calories — which I'm happy with.

Steps today: 7,865.

### **Bodyweight Diet Team's comment:**

Well done, Kenth! It's completely normal to feel a bit hungry at first until your body adjusts to your new routine — but it passes quickly. Great mindset — keep it up!



## **DAY 4**

Nothing special to report today — everything has gone smoothly. I've eaten good food and felt satisfied all day. I finished the evening with a walk: 8,891 steps.

My mood is great and I feel really energetic, just like some of the blog posts mentioned. I can definitely confirm how important it is to drink plenty of water — and good coffee! Staying hydrated helps me feel fuller and is a great weapon against hunger.

### **Here are two water tips from me:**

I add a bit of fresh lemon juice to my water for some flavor — tasty and healthy.

When I want to make it feel a bit special, I carbonate my water — it fills me up even more.

**Keep going strong, everyone!**



## DAY 5

I've had an awesome day today! I woke up feeling really content after a great night's sleep. Started the morning with two big glasses of water, then a mug of coffee — which tasted perfect today.

Since I had a nice day off, I went for a shopping trip. I packed 250 g of quark, a boiled egg, and a bottle of water. I strolled around feeling good and had my quark and egg in the car, parked somewhere nice. In the afternoon, I had a protein shake and an apple — the apple really hit the spot when I felt a bit of a sweet craving.

Later, I went for a walk and finished today's training session with my Bodyweight bands out in nature. The best thing about the bands is being able to train whenever you feel like it. I'm sharing a photo from my outdoor session too.

Steps today: 10,165.

**Let's keep going full speed ahead!**



## DAY 6

Got up around 9:30 and made some coffee — but first, two glasses of water. Then I headed out for a long morning walk and enjoyed the beautiful weather. I felt a bit hungry at first, but once I was out walking, it disappeared.

At 1:00 p.m., I had my first meal, so I had fasted for 18 hours, which felt really good. Later, I went to the gym and did Bodyweight's leg workout — my thighs were burning nicely! Back home, I had a protein shake to refuel. Dinner was around 5 p.m. — chicken fillet and oven-roasted vegetables.

Today I also had a few pieces of candy and a handful of chips. Total steps to-day: 14,393.

I'm pretty happy that I managed my first Friday evening in my new routine — giving myself permission for a little treat day once a week, and today was the day.

### **Bodyweight Diet's comment:**

During this 3-month period, Kenth's plan includes a weekly "treat day." He chooses the day himself, but on that day, he should still stick to his 8-hour eating window, with room to enjoy something extra — up to about 500 extra calories.

**Tip:** If you start feeling hungry, drink some water — it really helps curb hunger!



## **DAY 7**

Got up and made some coffee, and as usual, I drank two big glasses of water. Then it was time for my morning walk — a good, refreshing round with a mix of sun and clouds.

I had my first meal around 12:30 p.m. — 250 g of quark, one boiled egg, and one slice of toasted unsweetened sourdough bread. Feeling full and satisfied, I got on with my day. Around 5 p.m., I had a protein shake before heading to the gym for a 45-minute session. I closed my eating window with a tasty mixed salad, about 450 g, with chicken and ham.

This first week with 16:8 fasting has felt really good. The fun part is that I'm learning something new all the time — it's important to listen to your body and notice how it feels. The best part is that it really hasn't felt difficult at all. Sure, I was a bit hungry during the first few days, but nothing dramatic. It feels easier and better each day.

**Steps today: 18,451**

### **Bodyweight Diet's comment:**

This is exactly how Bodyweight Diet 16:8 should feel! It gets easier after a week, but even the first week goes smoothly. A little hunger? Sure — but it passes so quickly.



## **ONE WEEK — 4.2 KG DOWN!**

We want to take a moment to congratulate Kenth on completing his first week with the Bodyweight Diet Online program — 4.2 kg lost! Incredible! This result is even better than we expected. Amazing work, Kenth — hats off to you!

We're feeling excited too. When we set out to develop a new program, there were so many ideas swirling around. The core goal was very clear: we needed to create a model for permanent weight loss. Our previous program definitely worked for quick weight loss, but it didn't last in the long run. We saw so many people come back again and again. We had to ask ourselves: Why were the results short-lived? Statistics show that a huge percentage — up to 90% — regain the weight.

When we explored different approaches, 16:8 intermittent fasting became the obvious choice. Combined with Bodyweight training, it's an unbeatable combination. Creating an 8-hour eating window makes it feel, as Kenth says, "It doesn't even feel like I'm on a diet — it's not hard at all!" And that's not even mentioning the fantastic health benefits of this method.

We're truly excited to follow Kenth for the next 11 weeks. He's an inspiring person, a fighter, and will be a fantastic representative for our new Bodyweight Diet Online method.

**We'll keep following Kenth's journey every step of the way. From now on, we'll share a mid-week update and the main results on his weekly weigh-in day.**



## DAY 10

I'm well into my second week now — I hope things are going just as well for you as they are for me, and that you're happy with your first week too.

When I'm out on my walks, I can really feel a change in my body. My steps feel lighter and my pace feels more comfortable. Today I did a little experiment — instead of my usual first meal of quark and frozen berries, I tried yogurt instead. And what happened? Well, I got hungry much faster!

**So, my tip for you:** Pay attention to what you choose for your first meal of the day. It makes a big difference. I also found myself craving something sweet in the afternoon, so I had a small lollipop — but that was it. Then I headed to the gym after work for a session, and later enjoyed a warm dinner with pork tenderloin, chicken breast, a bit of pasta, and veggies. After letting my food settle, I finished the day with a 45-minute evening walk.

Keep pushing, listen to your body, and let's keep moving toward new goals together.

**9,752 steps today.**



## **DAY 14**

So, week 2 is done — I hope you've all had a productive week. For me, it's been a pretty tough one. I've really had to push myself, so a big thank you to my Bodyweight bands — they make it quick and easy to get a workout in, even on days when time is tight.

I've been starting my eating window between 12:00–1:00 p.m. with my first meal: usually 250 g of quark and often a boiled egg — sometimes a slice of whole grain bread with ham on the side. I always start the day with coffee and about half a liter of water, which works well for me and gives me a good start. In the evening, I usually have a warm meal, with some snacks in between.

As I mentioned, some days have been tough — but hey, that's when you just have to dig deep and push through. It's not always a walk in the park. On those days, my Bodyweight bands are my best friends. I usually attach them to a tree or a hook I set up outside. As long as the weather is good, I love training outdoors — and of course, going for walks too.

During the week, I've aimed for around 8,000 steps per day, and on weekends, I pushed it to 20,000 steps a day. Sure, it hurts a bit sometimes, but I tell myself that's when it really pays off.

**Looking forward to tomorrow's weigh-in and measurements.**

Hugs,  
Kenth



## RESULT AFTER 2 WEEKS: -6 CM OFF THE WAIST

Kenth has now completed 2 weeks of our Bodyweight Diet program, and the results speak for themselves.

**Starting weight:** 102 kg

**Starting waist:** 114 cm

After 2 weeks of Bodyweight training and 16/8 intermittent fasting:

**Current weight:** 97.8 kg

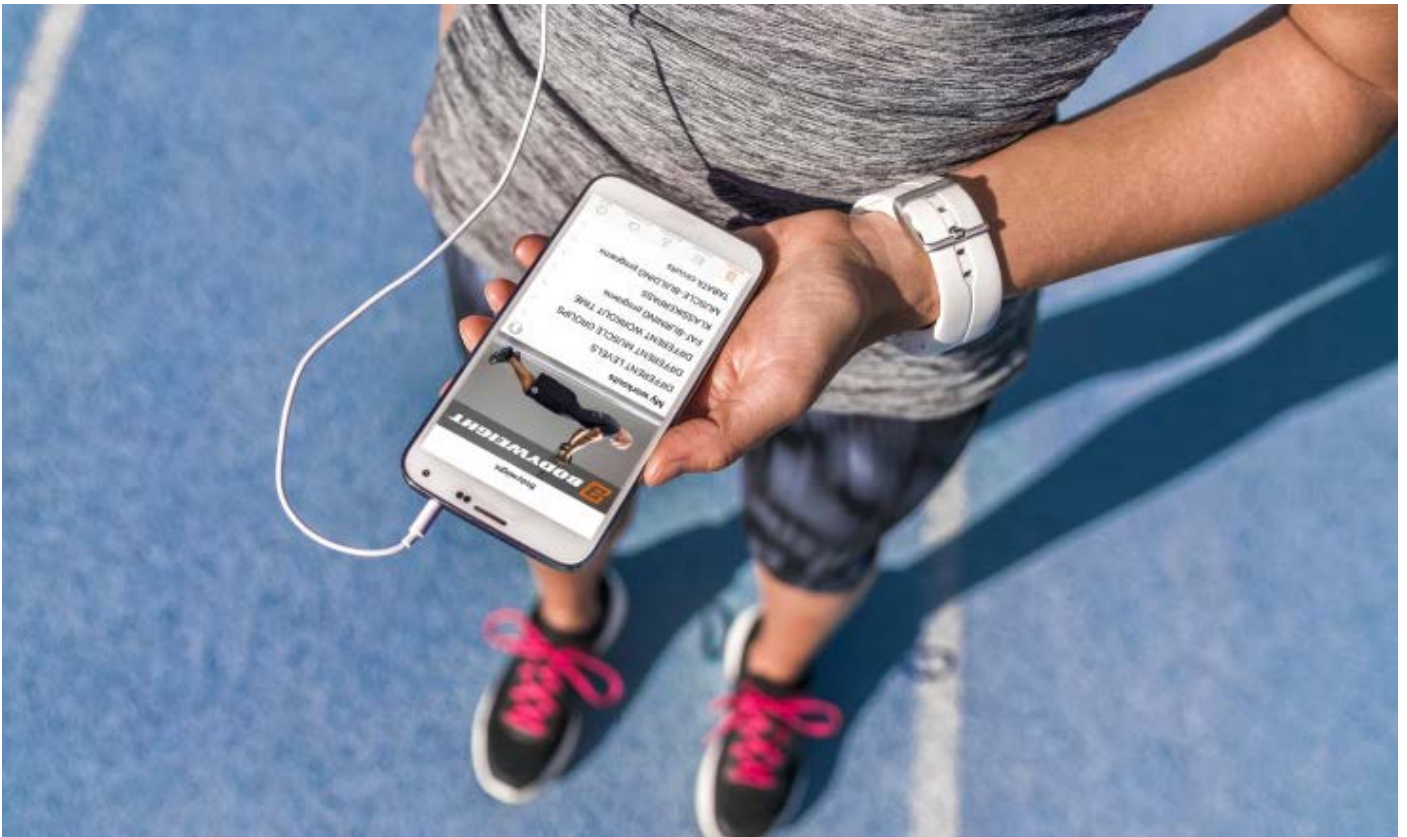
**Current Waist:** 108 cm

Kenth is already ahead of the target we typically expect in our program. Based on his starting weight, we aim for a weight reduction of about 3–5 kg per month. Kenth has already lost 4–5 kg in just 2 weeks, though as expected, week two looked different than week one.

When working on weight loss, it's important to understand that the body reacts differently week by week. Some weeks, the scale might hardly move; other weeks, you'll see a bigger drop. We focus on permanent weight loss over time, so it doesn't matter if there's a week with no change — in the long run, the weight will come off. What we offer isn't a diet; it's a sustainable way of living. That's why we know you'll reach your goal weight eventually.

Following Kenth's journey is truly inspiring. His motivation is one of the most important ingredients for successful weight loss.

Great job, Kenth!



## WEEK 3

At the start of this week, I made a few adjustments to my routine. I've focused more on walking, setting a goal of at least 10,000 steps per day. It feels great, and I've also tried splitting my walks into two sessions, which works well. The key is to make time for walks instead of making excuses to skip them.

Today I tested stretching my fasting window to 20 hours, and my body handled it well. I really recommend giving it a try — experiment and see how it feels. The health benefits of a 20:4 fast can be even greater.

When it comes to food, quark and eggs are a perfect first meal for me. I've had plain quark with a little honey — simple and really tasty.

Kenth's food tip:

After my last meal in the evening, I sometimes get strong sugar cravings. On those days, I try to distract myself with something fun — and after about 30 minutes, the craving usually fades. When it does, I feel proud and satisfied.

**Keep going strong until next time — you've got this!**



## **RESULT AFTER 3 WEEKS: -7 KG AND -8 CM OFF THE WAIST**

Week 3 is done! How am I feeling? How do I feel in general? These thoughts cross my mind sometimes — and honestly, I'm really proud of myself. Maybe it's a bit un-Swedish to say it so bluntly, but you know what? I'll say it anyway: I stand tall — I'm doing great!

Just choosing Bodyweight Diet's 12-week program with an 8-hour eating window has been a huge step in the right direction. I've kept up with 10,000 steps per day on weekdays and over 20,000 on weekends. I do fewer steps during the week because that's when I train with my bands or hit the gym.

My mood has been good, my energy is up, and my meals taste great. I feel lighter when I'm out walking now, so I've decided to reward myself: when I hit one of my milestones — 95 kg — I'm going to run one of my walking routes. I think that's a fun and fair prize for myself. So, come on — join me!

## **So, how's it going?**

Today my weight was 95.2 kg, which is 7 kg down in just 3 weeks — amazing! My waist is down to 106 cm, that's 8 cm less!

I have to say, this is the first time I feel like I'm not dieting in the old way. It never feels like a quick fix — which always failed me before. This really feels like a true lifestyle change that I know I'll stick with once it's done. I'm genuinely looking forward to what this program promises: permanent weight loss!

**Keep going strong, Bodyweight Diet friends! <3**



## **UPDATE FROM KENTH**

Hey everyone! I'm keeping up with my training and staying mindful of what I should and shouldn't eat — I'm really starting to build a solid routine with my meals now.

I jot down little notes for myself about what works best — small reminders that make everyday life a bit easier. The weather is still warm and nice, which makes my walks even better. The key is to find good solutions that fit your daily life, because there are always plenty of excuses for not doing what needs to be done to lose weight!

I'm sticking to my step goals during the week and on weekends too. For breakfast, I still start my day with quark — and it still tastes great!

## **Today's tip — from a friend:**

If you get sugar cravings in the evening, brush your teeth — it makes the sweet stuff much less tempting!



## **FIRST MONTH COMPLETE**

At Monday's weigh-in, the scale showed 94.2 kg and my waist measured 105 cm. It's shrinking slowly but surely, and it feels really good.

Today wraps up the last day of the month — and with that, my first month is done. I think it has gone really well, and it feels like I'm truly on my way. I feel more energetic, often waking up before my alarm on weekdays, and overall my body just feels better.

## **And the routines?**

Well, I work on my new habits every day and keep moving forward, step by step. I believe it will become my new normal with time. I notice I'm much more mindful about what I eat and cook. I've also started to challenge myself more in my training — now that I weigh less, I have to increase the resistance with my training bands to keep it challenging.

## **Weekly Tip — Something to Think About:**

Allow yourself to truly feel proud of what you're doing. Give yourself credit for your effort — even on weeks when the scale doesn't move much, you've still done a great job.

**Let's keep going, my friends — onwards and upwards!**



## THE JOURNEY CONTINUES DOWNWARD

We're delivering Monday's results a bit late — it's been an incredibly busy week. Our apologies for that. Here's Kenth's update: the scale showed 93.6 kg and his waist measured 104.5 cm. The journey is steadily moving in the right direction!

It's a slightly smaller drop than before, but it's still progress — and that's what matters. When you commit to a lifestyle change, your weight will go down, but it's normal to have slower periods or even times when it stays the same. Your body needs time to adjust, and you'll naturally hit a few plateaus along the way. The goal is to reach your target weight and maintain it. We focus on building sustainable, long-term results.

Kenth hasn't missed a step — he's kept up with his 10,000 steps on weekdays and 15,000–20,000 steps on weekends, which is fantastic!

We'll be back with Kenth's new results on Monday and we want to wish him the best of luck. He's an amazing ambassador for what we aim to achieve with Bodyweight Diet Online — inspiring and supporting people toward better health through a sustainable lifestyle.

And let's say it again: we don't do "quick fixes" here.

**We build permanent weight loss!**



## **EVERYTHING IS GOING ACCORDING TO PLAN**

Hello and good morning, friends! I've had a bit of a rough week — I've been a bit sniffly and tired, and the weather hasn't exactly helped. I might sound a bit grumpy, but I still did my daily walks, even if I skipped the gym to take it easy and focus on gentle movement.

When the weather is grey, I like to remind myself that the sun is just resting behind the clouds — it still shines and warms us here on Mother Earth. I felt a lot better on Saturday, so I pushed myself a bit and did a 31,000-step walk, which felt great. By Sunday morning my legs were a bit sore — but that's a small price to pay! This week my Bodyweight bands are coming back out after a well-deserved break.

Now for this week's weigh-in:

The scale showed 91.8 kg, which I'm super happy with — it means I've shed more than 10% of my body weight!

My waist measured 103 cm, which I'm also really pleased with.

**This all feels so good. Huge thanks to Bodyweight Diet and the program for helping me get here!**



## **MY “TREE”NING IS GOING WELL NOW**

Another week has passed on my journey toward a healthier life. Last week went pretty well — I had my first meal at around 1 p.m. and my last between 6:30 and 7 p.m., so my fasting window was a bit longer than 16 hours, which was a challenge. I think it's important to set small challenges for myself so I keep things fresh and stay motivated.

**Training has been going great** — I use my bands 3–4 times a week, about 60 minutes per session. On top of that, I walk 10,000–15,000 steps on weekdays and 20,000–30,000 steps on weekends. My weight seems to have leveled off a bit now — or maybe it's better to say it's stabilizing, which I think is actually good so my body has time to adjust to its new routine.

A tip from me: when you're out walking, take an extra loop around a nice spot — it adds more steps without feeling like extra effort.

Have a great week, everyone — I'm going to push myself a bit harder this week and dig deeper into my willpower. Are you with me?

**Sharing a photo from today's “tree”ning — yes, even working with the chain-saw counts as training!**



## **NEW LOWEST WEIGHT — 11.5 KG LOST AND 14 CM OFF THE WAIST!**

The weeks are flying by now — another one done! I've been training well this week, mixing in my own exercises with my Bodyweight bands, letting my creativity run free with new variations. For me, it's really important to keep things fun and enjoyable.

Setting small challenges along the way makes this journey exciting. I also enjoy finding new meal ideas and experimenting a bit with my diet. One thing that means a lot to me is my long weekend walks — just being outside, walking with no specific destination or time limit, and pushing myself to pick up the pace on a hill now and then.

I really love the 16-hour fasting concept — it works so well for me! I feel great and full of energy, which is such an amazing feeling.

Yesterday I hit a new lowest weight: 90.6 kg — that's 11.5 kg lost! My waist is down to 100.5 cm — 14 cm gone! After this week, I'm hoping to see a waist measurement in the double digits!

**Onward to lower weight and new milestones!**



## **FINALLY UNDER 90 KG!**

A weigh-in right after Father's Day wasn't easy, so I balanced it with a long walk Saturday morning — 25,500 steps! It felt great, and I kept up my daily walks all week. I've mostly trained in the forest since the gym isn't an option right now.

I still feel good overall, though some days I'm a bit tired. I switch up my first meal so I don't get bored of quark — a great way to start the day. After training or walks, I have a protein shake.

People ask if short power walks or longer ones are better. For me, longer walks at a brisk pace work best, but I push the pace now and then too. I also keep using my Bodyweight bands outdoors — I love it.

This week's results:

Weight: 89.8 kg — finally under 90! Waist: 99.5 cm, same as last week.

About my intermittent fasting: I eat when real hunger comes, usually around 1 p.m., and stop around 9 p.m.

I feel happy and full of energy, and I really enjoy my long weekend walks. Highly recommend just walking without a goal — and enjoying it.

**Have a great week everyone — let's keep going, Bodyweight Diet team!**



## **WEEKS — 14 KG LOST, WAIST -15 CM**

Now there's only one week left of my weight loss journey with Bodyweight Diet. To date, I've lost 14 kilos in 11 weeks — it feels amazing! The program has worked perfectly. The strange thing is that it hasn't felt like I was "dieting" like it has in the past. Combining weight loss with 16/8 intermittent fasting and Bodyweight training is honestly the best thing I've ever done. Most importantly, it really feels like this weight loss is permanent!

Last week was good — I've felt energetic and slept well most nights, and I feel increasingly happy when some days just feel absolutely amazing. I mean those days when your body feels light, lean, and strong — on those days I even take an extra walk in the woods. I'm sticking with my training and diet, and I can feel my body getting stronger. My core — my body's "pillar" — feels much more stable now and can hold me up better and for longer. I challenged myself to a long walk this past Sunday — it ended up being a bit over 20 kilometers, adding up to 31,156 steps. I felt great afterwards. Sure, it was windy and a bit cold, but the sun and my goal kept me going. I think it's important to challenge yourself sometimes and push your comfort zone a bit.

### **This week's results:**

**Waist measurement:** 98.4 cm

**Weight:** 88.2 kg

This means 14 kilos down from my initial weigh-in — dare I hope to get under 88 kilos by next Monday? I'll take that as my next challenge!

**All the best to everyone on Bodyweight Diet!**

# Kenth reach his goal after 12 weeks -15 kilo and waist -16



**Before**



**After**

## **FINAL RESULT — 15 KG AND 16 CM LOST FROM THE WAIST IN 12 WEEKS**

Kenth's 12-week period with Bodyweight Diet is now complete. We can only congratulate Kenth on a fantastic achievement — because that's exactly what it is. What a difference! **Starting weight: 102.2 kg — Final weight: 87.2 kg!**

Here's a photo from the start on September 1st and another from December 1st.

# Kenth's own words about his journey with Bodyweight Diet

## Kenth's own words:

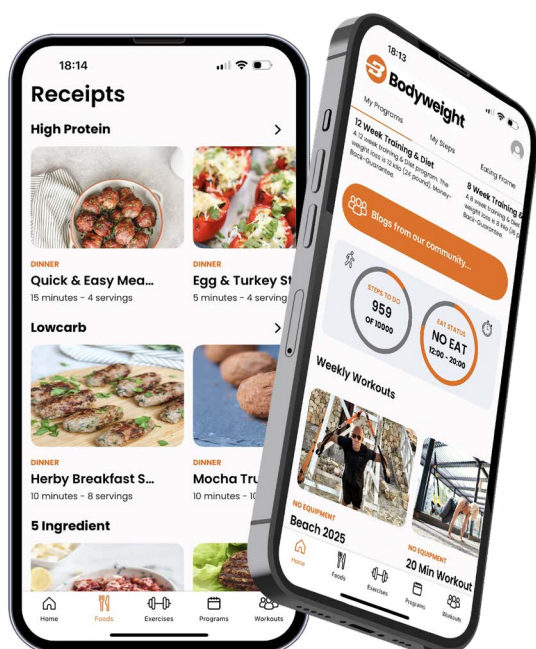
I have now been at it, working hard and having a lot of fun during this 3-month period — I'm so incredibly happy that I've been able to change my life. I weighed in at 102.2 kilos and the tape measure showed 113 cm around my waist, which I wasn't comfortable with.

Now, after doing the Bodyweight Diet program for 12 weeks, I feel so incredibly satisfied and I feel great. When I weighed myself this morning, the scale showed 87.2 kilos and the tape measure showed 97 cm — this means **15 kilos lost and 16 cm off my waist!**

A huge thank you to Bodyweight Diet for what you have done for me and for giving me this opportunity. I'm really proud of this journey — imagine that I made it happen and achieved such a great result. What a wonderful experience! It was actually really fun and rewarding, with a few challenges along the way — but if you set out in a boat, you have to row it to shore too. It finally feels like I've found the tools for permanent weight loss.

Huge thanks and hugs,  
**Kenth**

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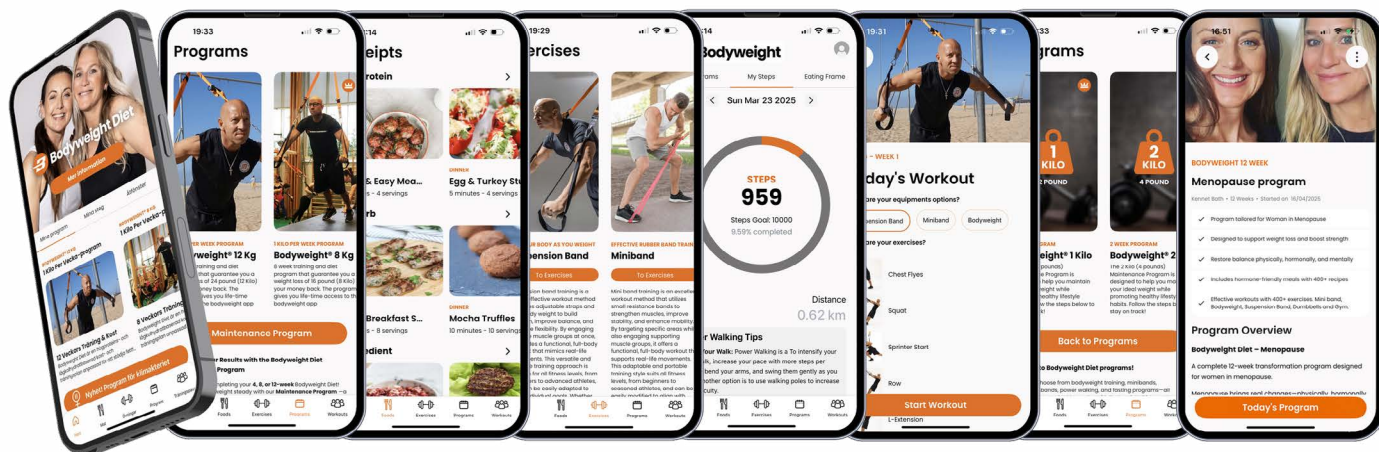
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