

28 Days That Changed My Life - Tracey and Stuart

Canonical: <https://befitfood.com.au/pages/28-days-that-changed-my-life-tracey-and-stuart>

Details:

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Tracey and Stuart: reported losses of 9.3 kg and 3.8 kg in 28 days

Tracey and Stuart joined the 28 Day Challenge with their family at the centre of their motivation. They had brought together a household of five children and wanted to make changes they could carry into everyday life. Their results were different, and each described their own experience.

Watch Tracey and Stuart's story

Tracey: starting with a personal goal

Tracey was a 47-year-old marketing manager at the time of the account. She had raised three children as a single mum before meeting Stuart and blending their families. She wanted to lose 10 kg and make changes with her family's future in mind.

Tracey reported losing 9.3 kg over the 28 days. She also described feeling less hungry, having more energy and feeling better within herself. These are her reported experiences, rather than outcomes everyone should expect.

"I did manage to lose 9.3kg over the 28 days." — Tracey

Her account makes clear that she still had personal goals to work towards. The 9.3 kg result should not be presented as completing her original 10 kg goal.

Stuart: changing familiar habits

Stuart was a 52-year-old accountant and father of two daughters. Family health concerns were part of his motivation to develop habits he could maintain.

He reported losing 3.8 kg during the challenge. Stuart also said he had removed soft drink and had not had an alcoholic drink over the 28 days, saying he did not miss either.

"I have removed the soft drink and I haven't missed it." — Stuart

Reaching 95 kg remained an ongoing goal in his account. His starting or finishing weight is not established by that goal alone.

Two people, two individual experiences

Their story forms part of the 28 Days That Changed My Life series with Kate Save. Tracey's and Stuart's reported results illustrate that people sharing a household can have different experiences. These are individual accounts, not a clinical comparison or a prediction for another couple.

Plan food around the people in your household

If you are ordering for more than one person, begin with the meals each person wants covered. Two people eating one prepared dinner each use two meals from the order; a 14-meal bundle is not automatically 14 days of food for both. Preferences, portions and dietary requirements also need

checking for each person.

Compare individual recipes if you want different dishes within the same household.

Explore meal bundles for a flexible supply of lunches or dinners.

Review current programs if you want to compare packages with several daily food categories.

You can book a free introductory dietitian consultation to discuss food preferences and program questions. Use the current service information to confirm the consultation arrangements you need.

Questions about their story

Did Tracey and Stuart lose the same amount?

No. Tracey reported 9.3 kg and Stuart reported 3.8 kg during the 28-day challenge. Neither figure is an average result or a guaranteed outcome.

Can I order the exact historical package?

Check today's program guide for the current food quantities, prices and ordering choices. The story's original promotional packages and offers should not be treated as current inclusions.