



I COMPLETED THE



**THE TLC
CHALLENGE**

TheTLCchallenge.com



TOTAL LIFE CHANGES®



THE TLC CHALLENGE

Take a full-body photo with the front of this card. Post it on your social media by June 4th, 2021.

Use the hashtag **#tlcchallenge** and tag us at **@tlchq** so we can share your journey!

Submit your “Before” and “After” pictures and “Essay” at **[TheTLCchallenge.com](https://www.thetlcchallenge.com)** before June 30th, 2021.

