



JOIN ME IN THE



THE TLC
CHALLENGE

[TheTLCchallenge.com](https://www.TheTLCchallenge.com)



TOTAL LIFE CHANGES®



THE TLC CHALLENGE

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

Use the hashtag **#thetlcchallenge** and tag us @tlchq so we can share your journey.

Submit your “Before” picture at **TheTLCchallenge.com** before June 4th, 2021.

