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Thread: [> \[NEW\] > Guide To Get Fat To Fit \[98 DAYS\]\[> REALISTIC <{ { { REAL RESULTS} } FAST\]*](#)

ChumChum - August 17, 2015, 8:46 pm

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You will not chargeback, this will result in a scam report//

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-Dartz - August 18, 2015, 8:59 am

Just finished reading the e-book and it was pretty decent. Most of it is honestly information you can find elsewhere (as obviously, this e-book doesn't have a secret weapon or method to get you to lose weight). The worst part about the e-book was the formatting and some of the images/text. For example, there are images of the workouts you should do (but the pictures just show text), and they're pretty unclear and I have to strain my eyes a bit to read them.

It was nice that OP shared what he ate through his 98 days, you could take a look at some of the things you should be eating, but he also mentions you can eat outside of that list and eat some of your favorite foods.

To be honest, this guide is a little inconvenient if you're in college and don't make your own food / go to a dining hall to eat, but it still works. I think it's worth the money.