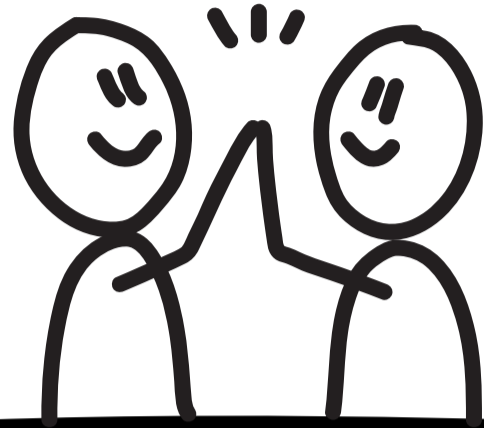


I want to lose weight



Who can support?

31. December 2025  
75 kg

How do I feel?

How do I feel?

01. January 2025  
85 kg  
Why?

Workout

Habits and mindset

Nutrition

Important to know: