



31 DAY SUMMER SHAPE UP

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HI THERE!

If you are receiving this – it's because you entered my challenge.

I would like to first say thank you for supporting DNF and allowing me to help you during this journey. In this handbook, you will find all the tools to navigate this challenge and understand all the ins and outs! Please make sure to follow any instructions or directions in this handbook as all of your questions are already answered here!

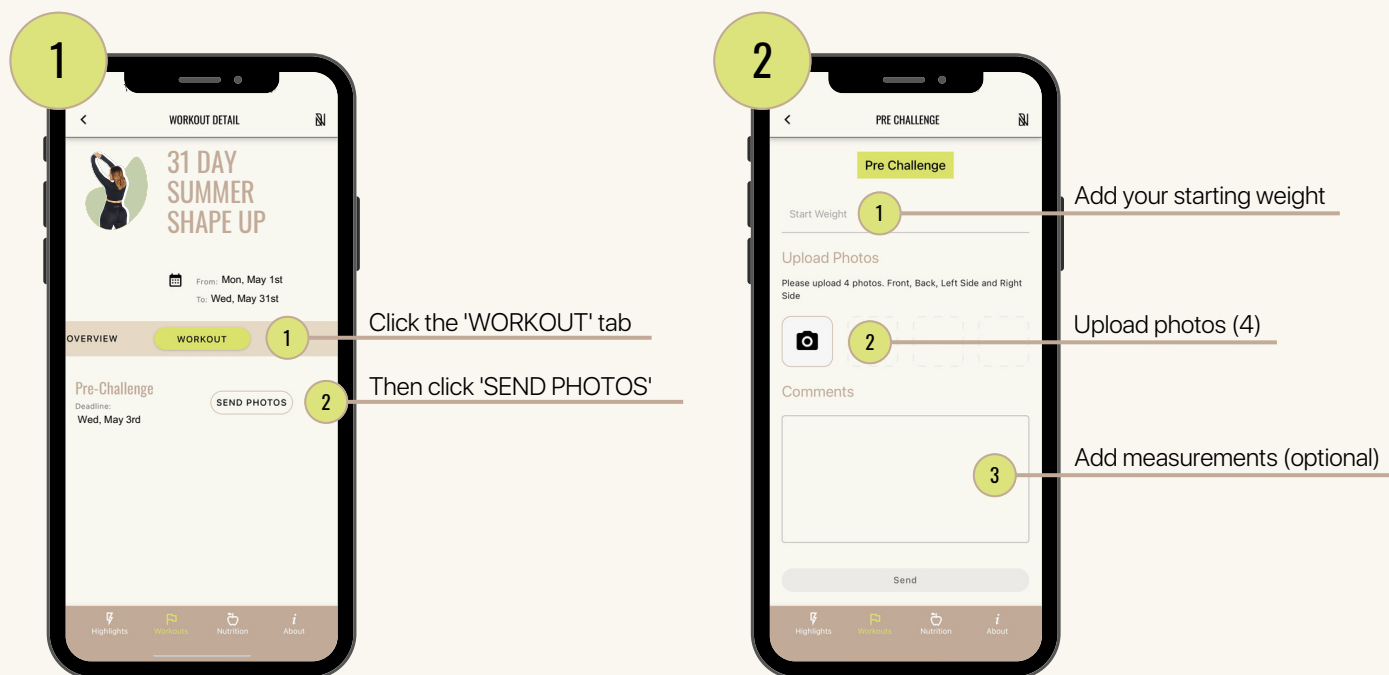
SUBMITTING YOUR PHOTOS

Before photos are due May 3rd

After photos are due June 4th

Your photos (from four angles) and weight must be submitted on your DNF app. Photos must include the before and after templates found on the following page.

PHOTOS FOR THIS CHALLENGE ARE MANDATORY TO ENTER INTO THE PRIZE POOL.



Download the DNF APP using these links:

[APPLE IOS](#)

[ANDROID GOOGLE PLAY](#)

If you have any issues submitting photos with the templates, email us at:
hello@darihananova.com





SUMMER SHAPE UP

BEFORE

MAY 1, 2023



SUMMER SHAPE UP

AFTER

MAY 31, 2023