Thank you for taking the time to tell your story. Take as much time as you need to fill out the following questions in complete thoughts and send this completed form back to me via e-mail at [IanMCramer@gmail.com](mailto:IanMCramer@gmail.com), and I will drop this into a blog post on my website Plant-BasedCyclist.com.

Your Name:

1. Give us a big picture of your health transformation with Before and After details.
2. What motivated you to take action and get healthier?
3. What was the hardest part of getting healthier? And was there a unique way you addressed this?
4. Did you try any other diets previously?
5. What are some of your Plant-Based Staples?
6. What advice do you have for people who want to get healthier?
7. Give us your strongest argument for adopting a Plant-Based Lifestyle?
8. Please include your best before and after photos of your health transformation.
9. Include any links to websites, social media or ways people can contact you.