

## Ross Goldsack AT7 Contest Essay

The contest has turned out to be great and I feel I have followed through on my plan and I am hoping that I can find a nice equilibrium post contest.

I did AI 3.0 and loved it! It was so cool to just turn up, open the page and just follow it as written.

I liked the variety and the timing of the program; it meant that I never got board.

Diet wise I did ESE as I have since December 2010, I adjusted it throughout the contest based on my stats, my goals and my lifestyle.

During the contest I learned what I believe to be the greatest lesson of ESE which is that you don't need ESE. I became aware of the difference between a text book understanding of BP's saying "Find a cool way to eat less" and the knowing gained through experience, I will be forever grateful.

I found the final days of the contest quite a stress. There was is a lot going on in life and the logistics of the photo shoot were difficult but I wanted to show my progress in the best way I could. As with everything else in life you just have to fit it in and get the job done.