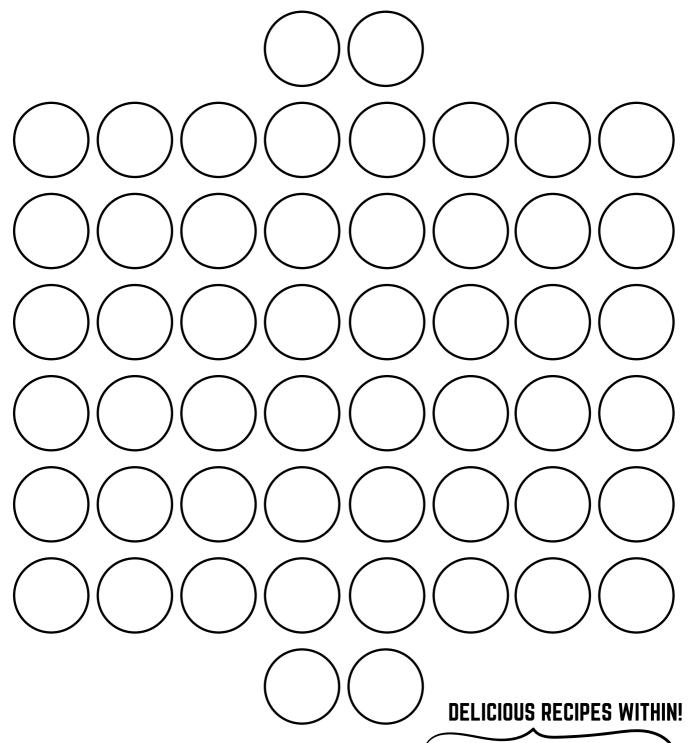
THE 1LB A WEEK TRACKER - FOCUS YOUR MIND ON BEING HAPPY WITH 1LB, AND THE REST WILL FOLLOW!





REMEMBER:
GREEN FOR 1LB (OR MORE) LOSS
ORANGE FOR STAYING THE SAME
RED FOR A GAIN (WHICH IS FINE!)

