

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

**TWOCHUBBYCUBS**

DELICIOUS RECIPES WITHIN!

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

