

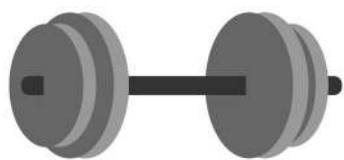
- 1lb. 1lb.
- 1lb. 1lb.
- 1lb. 1lb.
- 1lb. 1lb.
- 5lbs. 5lbs.
- 5lbs. 5lbs.
- 5lbs. 5lbs.
- 5lbs. 5lbs.



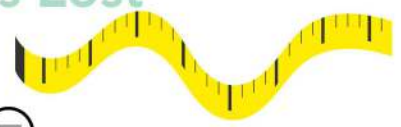
You're invited to Change your Health right now and join our Biggest Weight Loss Challenge

8 week Program

Highest percentage of weight loss



Inches Lost



Weekly weigh-ins

What is Your Goal?



Exercise Tracker



**Never give
up!
Everyone
has bad
days. Pick
yourself up
and keep
going.**



**You can do
amazing things!**

**I'm so
proud of
you!**

**You've come too
far in life to take
orders from
a cookie.**



**One Pound
at a
Time**



**Eat less sugar -
you're sweet
enough already.**



Celebrate the journey

Daily

Weekly

Monthly

What will you do to celebrate when you reach your goal?



<i>week</i>	starting weight	new weight	weight lost	percentage lost	date
1					
2					
3					
4					
5					
6					
7					
8					

