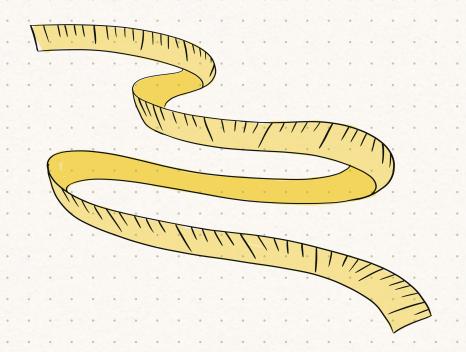
Date (mm.dd.yy)	lbs.	kgs.	
	-		
			-
	933		
			-
YEAR TO BE			

Stay Motivated									
Goal	lbs. down	Reward							
• • •	• •								



Date (mm.dd.yy)	Bust	Chest	Waist	Hips	Thigh	Neck	Arms
					70 0000		
							33 33 33 33
			1 1 5 5				
	1866				92 30000		
							7- 12-1-1