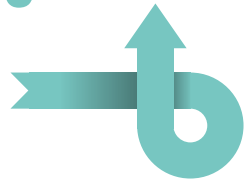


My 20 POUND

journey to a
healthier me

starts here



1

2

3

4

5

6

My 5 pound reward is

7

14

13

12

11

10

9

8

15

my 10 pound reward is _____

16

my 15 pound reward is _____

17

18

19

20

AWESOME!

my 20 pound reward is _____



I knew you could do it!