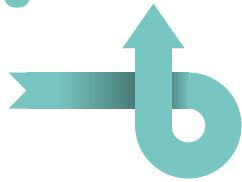


My 30 POUND

journey to a
healthier me
starts here



1

2

3

4

5

6

You can totally do this!

7

15

14

13

12

11

10

9

8

16

my 10 pound reward is _____

17

18

19

20

21

22

23

24

my 20 pound reward is _____

25

30

29

28

27

26

my 30 pound reward is _____



I knew
you could
do it!