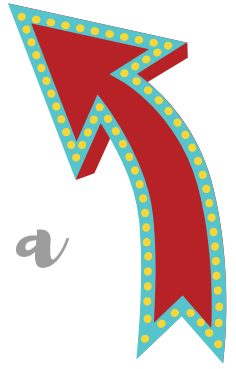


Losing 100 POUNDS matters to me... ... and I am going to prove it.

Rewards for pounds lost...

10 _____
20 _____
30 _____
40 _____
50 _____
60 _____
70 _____
80 _____
90 _____
100 _____

Don't call it a
dream.
Call it a plan.



Keeping my why close by...

3 months from now you will thank yourself!

Weight at the end of each month...

January _____	July _____
February _____	August _____
March _____	September _____
April _____	October _____
May _____	November _____
June _____	December _____

