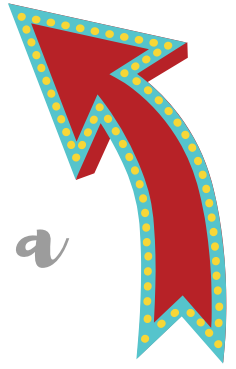


Losing ___ POUNDS matters to me...
... and I am going to prove it.

Rewards for pounds lost...

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 _____

