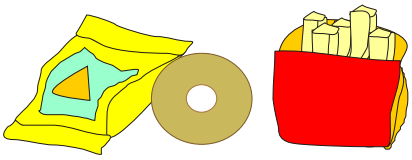
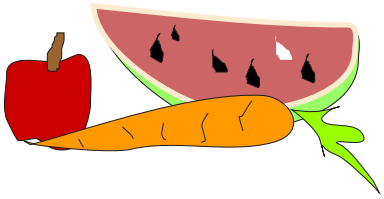
You can lose weight page 2

Instead of fried and fatty foods like chips, donuts, fries,



Try fresh fruits and vegetables.



Exercise daily, doing something you enjoy!

Date	Time	Food	Amount	Where did I eat?	Was I hungry?	How did I feel ?