

Healthy Weight

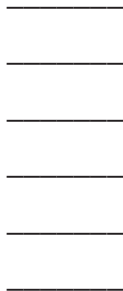
Weight:
BMI:
Waist Circumference:

Secondary Choices

1. Eating every three hours
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____



Timeline



Current Reality

Weight:
BMI:
Waist Circumference: