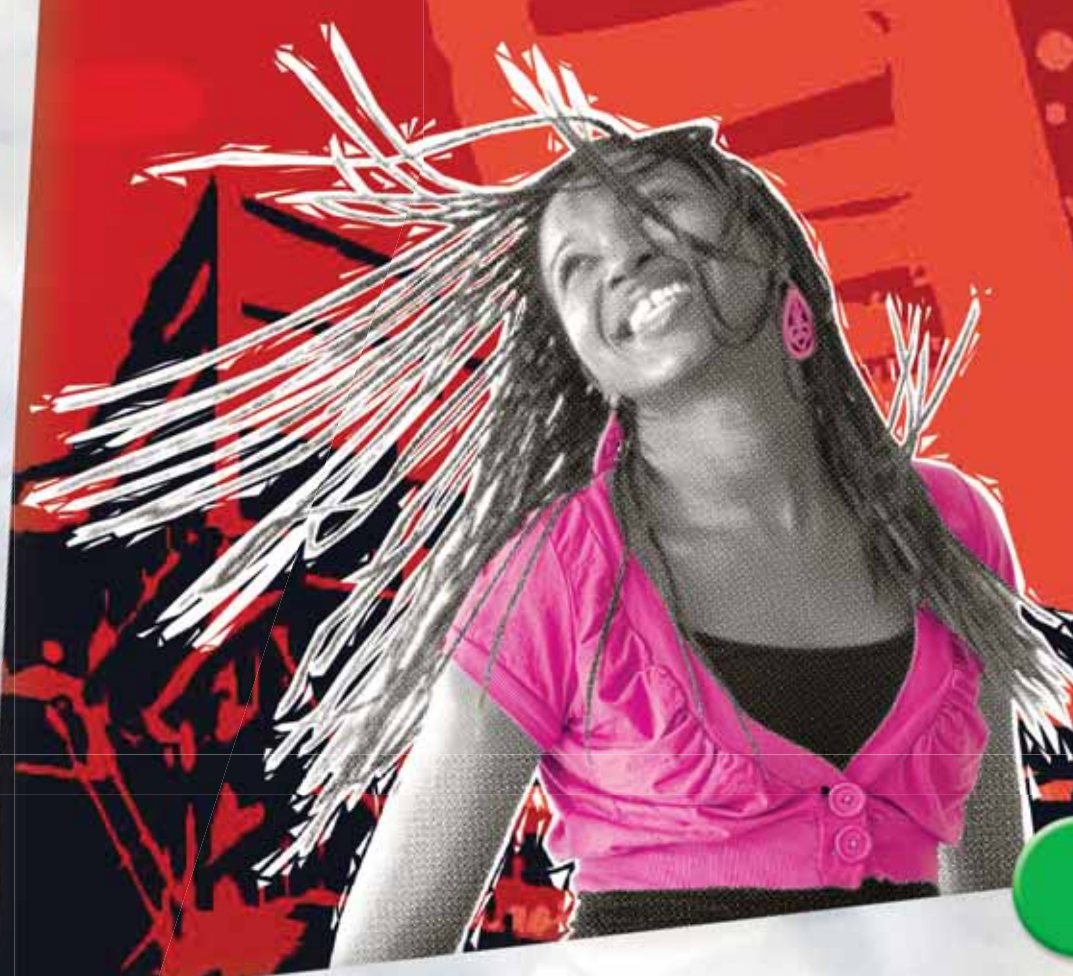


eat well, get active and feel good!

Keep track of your progress
by recording your ideas,
thoughts and feelings
in the spaces below.

small steps 4 life



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