

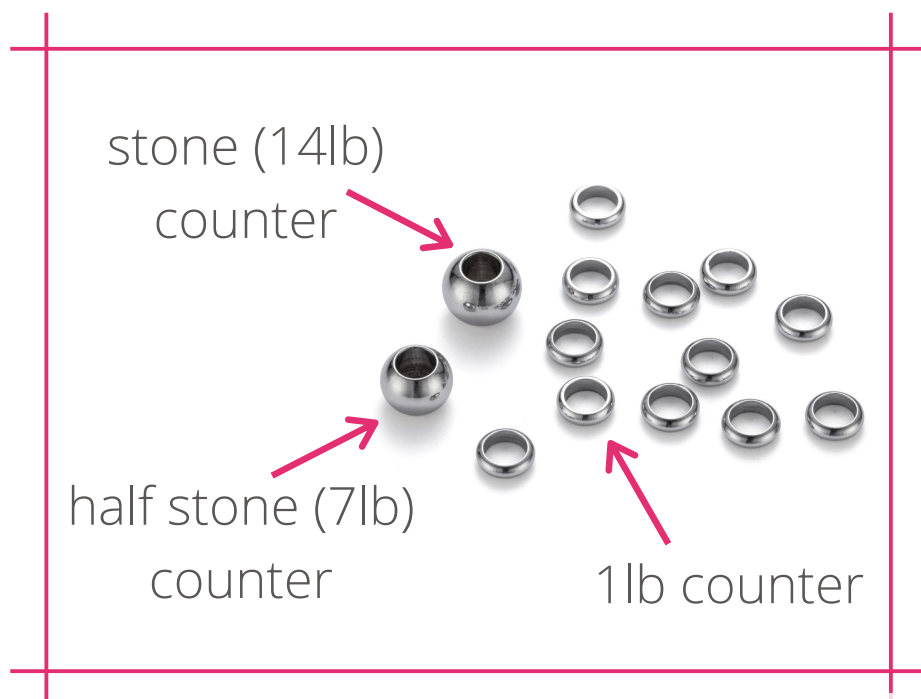
It's never been easier to track your weight loss progress and **STAY MOTIVATED**



I want to lose 5 stones...

What to buy...

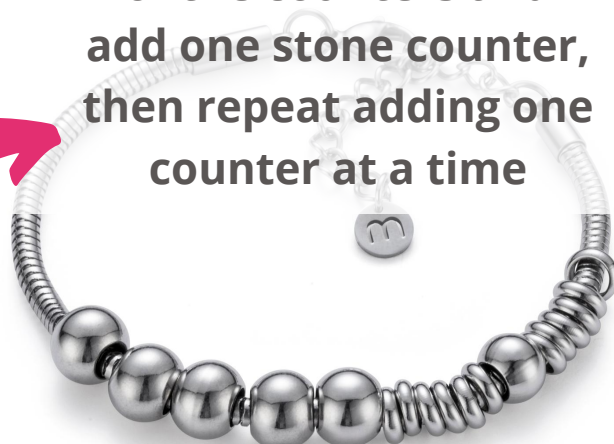
- 1 x starter pack
- 4 x additional stone beads



Once you get to your first stone, remove all of the counters and add one stone counter, then repeat adding one counter at a time



Track every pound



Example here shows 5 stones and 13 pounds...

1lb counters

half stone (7lb) counter

stone (14lb) counter