

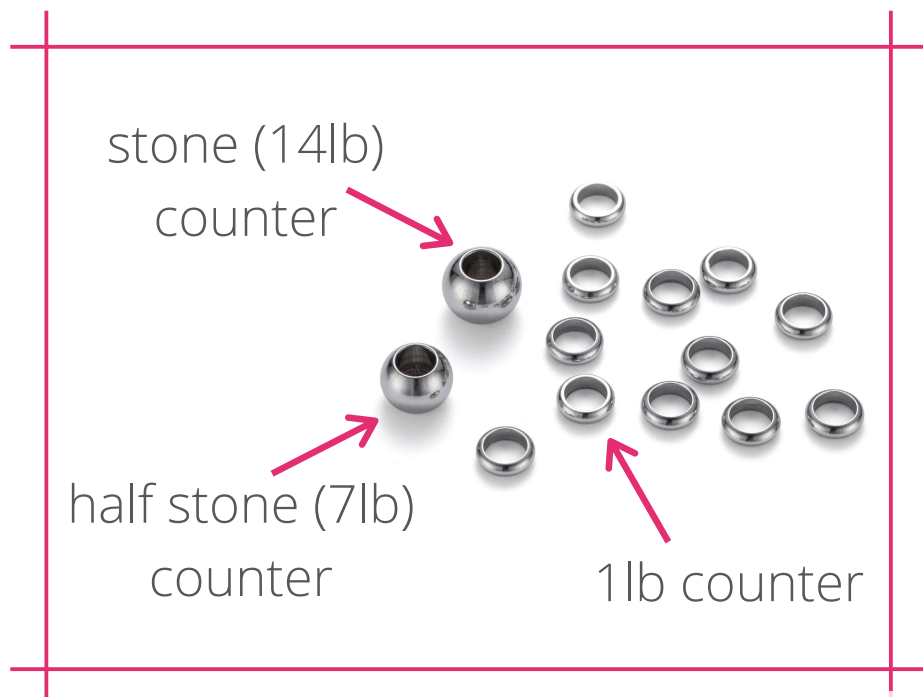
It's never been easier to track your weight loss progress and **STAY MOTIVATED**



## I want to lose 6+ stones...

### What to buy...

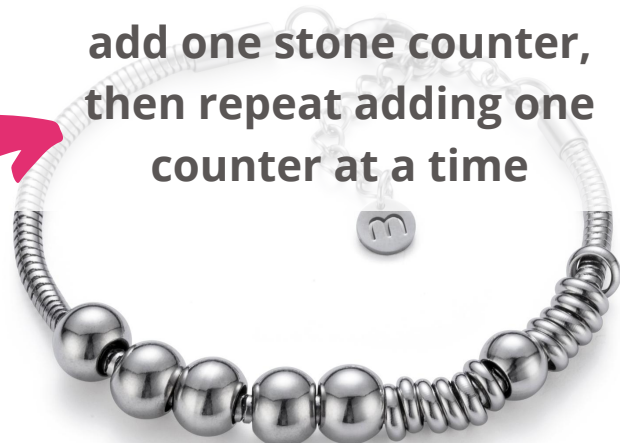
- 1 x starter pack
- 5+ x additional stone beads



**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      stone (14lb) counter  
half stone (7lb) counter