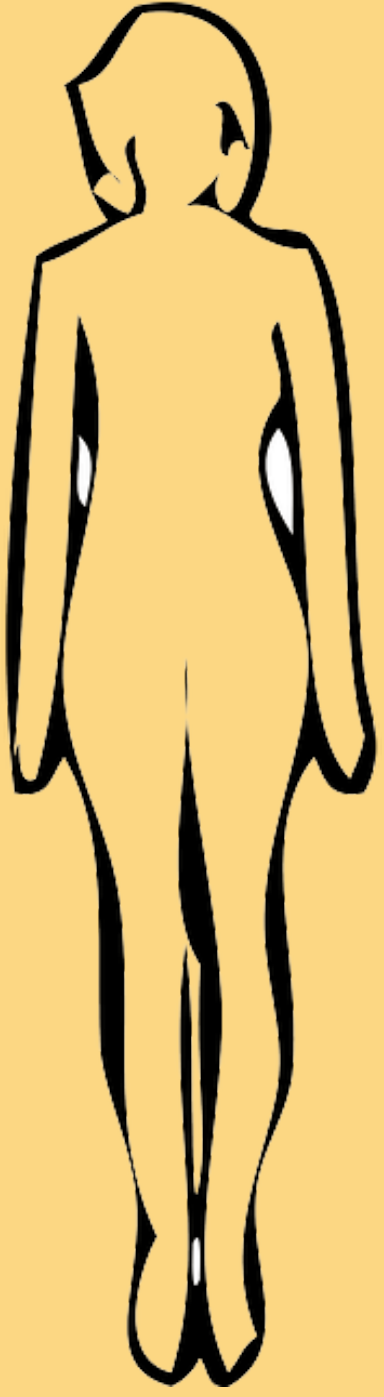


# TRACK YOUR PROGRESS

BEFORE MEASUREMENTS:



WHAT ARE MY GOALS?

3 HEALTHY HABITS I AM IMPROVING

AFTER TREATMENT MEASUREMENTS

