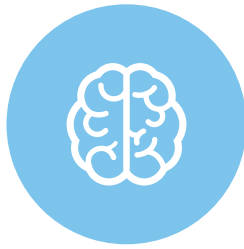


WEIGHT LOSS IS A JOURNEY & YOU NEED A GUIDE!

WHAT'S IN THE TLS® HEALTH GUIDE & JOURNAL?



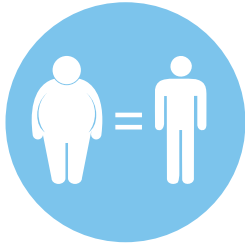
Journaling pages



Education



Weigh-ins and measurements



Testimonials



Goal setting pages



Stress and relaxation tips

SPACE TO TRACK YOUR WEIGHT LOSS

✓ FOOD

✓ EXERCISE

✓ SLEEP

✓ PROGRESS

Using a



6 days a week

nearly **DOUBLES** your **WEIGHT LOSS**



DID YOU KNOW:

51% of Americans want to lose weight but only **26%** are actively trying to lose weight



37%

of the world's adult population are



or



¹ <http://www.sciencedaily.com/releases/2008/07/080708080738.htm>

² <http://www.healthdata.org/infographic/obesity-and-overweight-increasing-worldwide>

³ <http://www.gallup.com/poll/179771/americans-effort-lose-weight-trails-desire.aspx>