

# WEIGHT MANAGEMENT IS A JOURNEY & YOU NEED A GUIDE!

## WHAT'S IN THE TLS JOURNAL & FREE DOWNLOADABLE TLS HEALTH GUIDE?



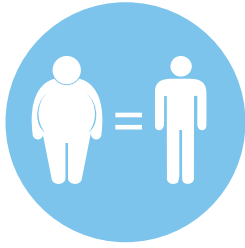
Journaling pages



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**



By 2025, around one-fifth of adults worldwide will be obese.



or



### DID YOU KNOW?

Over one-third of UK men and women will be obese by 2025. The UK has the third-highest average BMI in Europe for women and 10th-highest for men.<sup>1</sup>

People who journal lose more weight than people who don't. Studies actually show that people who journal can lose double the weight.



<sup>1</sup>[https://www.eurekalert.org/pub\\_releases/2016-03/tl-tw033016.php](https://www.eurekalert.org/pub_releases/2016-03/tl-tw033016.php)