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 FOOD DIARY 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 OBESE or OVERWEIGHT

1 http://www.sciencedaily.com/releases/2008/07/080708080738.htm
2 http://www.healthdata.org/infographic/obesity-and-overweight-increasing-worldwide