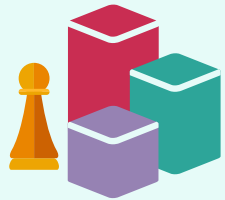


LOSE WEIGHT WITH S.M.A.R.T. GOALS!

S.

S

SPECIFIC

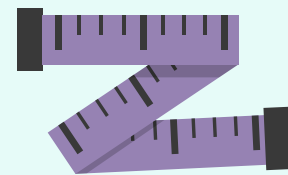


I would like
to lose
15 pounds
in 3 months

M.

M

MEASURABLE



Dive
further
into your
specifics

A.

A

ACHIEVABLE



Your
goals
must be
realistic

R.

R

RELEVANT



Your goals
should
be your
own

T.

T

TIME-BOUND



Give
yourself
a time
frame