

[illegible]

multiply weight in

		
		
		
		

[illegible]

A worksheet titled "monthly check-in" with a decorative pink border. The title is written in a cursive font and is flanked by two pink heart shapes. Below the title is a grid of 12 boxes arranged in 4 rows and 3 columns. Each box has a small pink label at the top, likely for the month of the year. The boxes are intended for students to write their monthly reflections.

A 10x10 grid of 100 small, identical, faint images of a person's face, arranged in a grid pattern.

The image shows a single page from a notebook. At the top, there is a decorative header with a pink background and the word "goals" written in a cursive, dark font. Below the header, the page is ruled with horizontal lines. There are two large, empty rectangular boxes on the page, one on the left and one on the right, each with a small, light blue tab on its left side. At the bottom of the page, there is a small, light blue rectangular box with the word "dream" written inside it. The page is otherwise blank, with no handwriting or other markings.

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	Jan	Feb	Mar	Apr	May
Jan 1					
Jan 2					
Jan 3					
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1	2	3
4	5	6
7	8	9
10	11	12

1

2

Before & After

Before

After

Before

After

1

weekly meal planner

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Lunch							
Dinner							
Dessert							

Weight Loss Planner

Julia Schneider



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