

[illegible]

multiply weight in

		
		
		
		

[illegible]

A worksheet titled "monthly check-in" with a decorative pink border. The title is 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 in the top right corner. The labels are: "1. How are you feeling?" (top row), "2. What are your goals?" (second row), "3. What are your challenges?" (third row), and "4. What are your strengths?" (bottom row). The boxes are empty for writing.

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

goals

What is your life goal?

What are your goals?

Why are you goals?

What are your dreams?

What are your dreams?

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WEIGHT LOSS
30+ PAGE PLANNER BUNDLE!

	Jan	Feb	Mar	Apr	May
Jan 1					
Jan 2					
Jan 3					
Jan 4					
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playless plates

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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

Jessica J Manson

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the author's name.

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