

weight loss

Walking/Running	3 Meals/Day	Diet Supplements	Low Carb/Keto	Food Diary
Cabbage Cleanse	Pilates/Yoga	Hitting the Gym	30min Exercise/3 days/week	Juicing/Juice Cleanse
Pilates	Weight Watchers	FREE	All about Abdominals	Eat Like a Bear
Biggest Loser Fan	Elimination Diet	Paleo Diet	Exercising 30/60/90	Paleo Diet
Drink more water	Gastric Balloon	Doctor's Orders-Health	Bariatric Surgery	Intermittent Fasting

weight loss

Weight Watchers	Paleo Diet	Juicing/Juice Cleanse	Intermittent Fasting	Paleo Diet
All about Abdominals	Biggest Loser Fan	Food Diary	Cabbage Cleanse	Gastric Balloon
30min Exercise/3 days/week	Duodenal Switch Surgery	FREE	3 Meals/Day	Exercising 30/60/90
Walking/Running	Bariatric Surgery	Whole Foods Diet	Low Carb/Keto	Hitting the Gym
Diet Supplements	Eat Like a Bear	Elimination Diet	Drink more water	Pilates/Yoga

weight loss

Cabbage Cleanse	Paleo Diet	Elimination Diet	Low Carb/Keto	3 Meals/Day
Weight Watchers	Juicing/Juice Cleanse	Diet Supplements	Biggest Loser Fan	Gastric Balloon
Eat Like a Bear	Duodenal Switch Surgery	FREE	All about Abdominals	30min Exercise/3 days/week
Bariatric Surgery	Pilates	Food Diary	Doctor's Orders-Health	Intermittent Fasting
Pilates/Yoga	Walking/Running	Exercising 30/60/90	Drink more water	Calorie Counting