

SLIPS AND SETBACKS



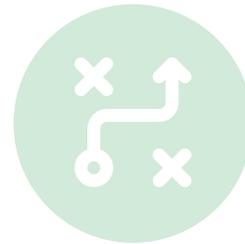
**DON'T BEAT
YOURSELF UP**



TALK TO
YOUR DOCTOR



KEEP A **FOOD
JOURNAL**



PLAN OUT MENUS
TO AVOID TEMPTATION

FIND ONLINE
SUPPORT

