

WHAT WORKS FOR WEIGHT LOSS



SET SMALL
GOALS



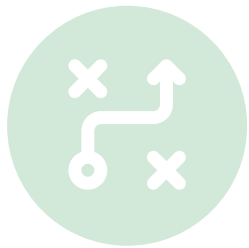
DON'T DRINK
YOUR CALORIES



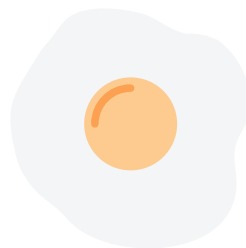
ASK ABOUT
WEIGHT LOSS
MEDICATIONS



TALK WITH
A DIETITIAN



PLAN
YOUR MEALS



EAT
BREAKFAST



REGULAR
WEIGHING



USE A **FOOD**
JOURNAL



NOTHING
AFTER 9PM



THINK **LIFESTYLE**
CHANGE, **NOT DIET**

To learn more, visit myweightwhattoknow.com