

This Year!!

If I lose just one pound a week this year,
I could be:

By Valentines: 5 pounds lighter.

By St Patricks Day: 10 pounds lighter.

By Easter: 13 pounds lighter.

Flag Day: 22 pounds lighter.

4th of July: 25 pounds lighter.

Labor Day: 35 pounds lighter.

Halloween: 42 pounds lighter.

Thanksgiving: 46 pounds lighter.

And by Christmas: 50 pounds lighter and by the
new year...51 pounds lighter.



The Choice is Yours.