

# Your Weight is Only Dependent on **CALORIES**



**Goal: 1-LB Weight loss per week  
or 52 LBS in 1 year**

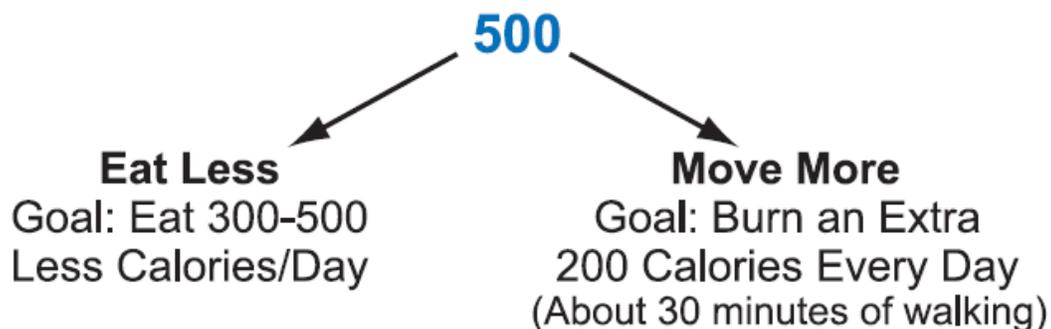
How can you make this happen?

**1 LB=3500 CALORIES**

How many calories do you need  
to eliminate every day?

**7 DAYS } 3500 = 500 CALORIES/DAY**

**How do you get rid of 500 calories**



**Work on Both Sides of the Balance**