## EATANYTHING

Why Do I Want to Lose Weight (feel healthier, look better etc)?
Harry Arm I Cainer to Loca Ministry (salaria accompting parting loss at a)?
How Am I Going to Lose Weight (calorie counting, eating less etc)?
How Have Others Successfully Lost Weight (friends, celebrities etc)?
Problems That Might Occur (forgetting to record calories etc) and How I Will Deal With Them?
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