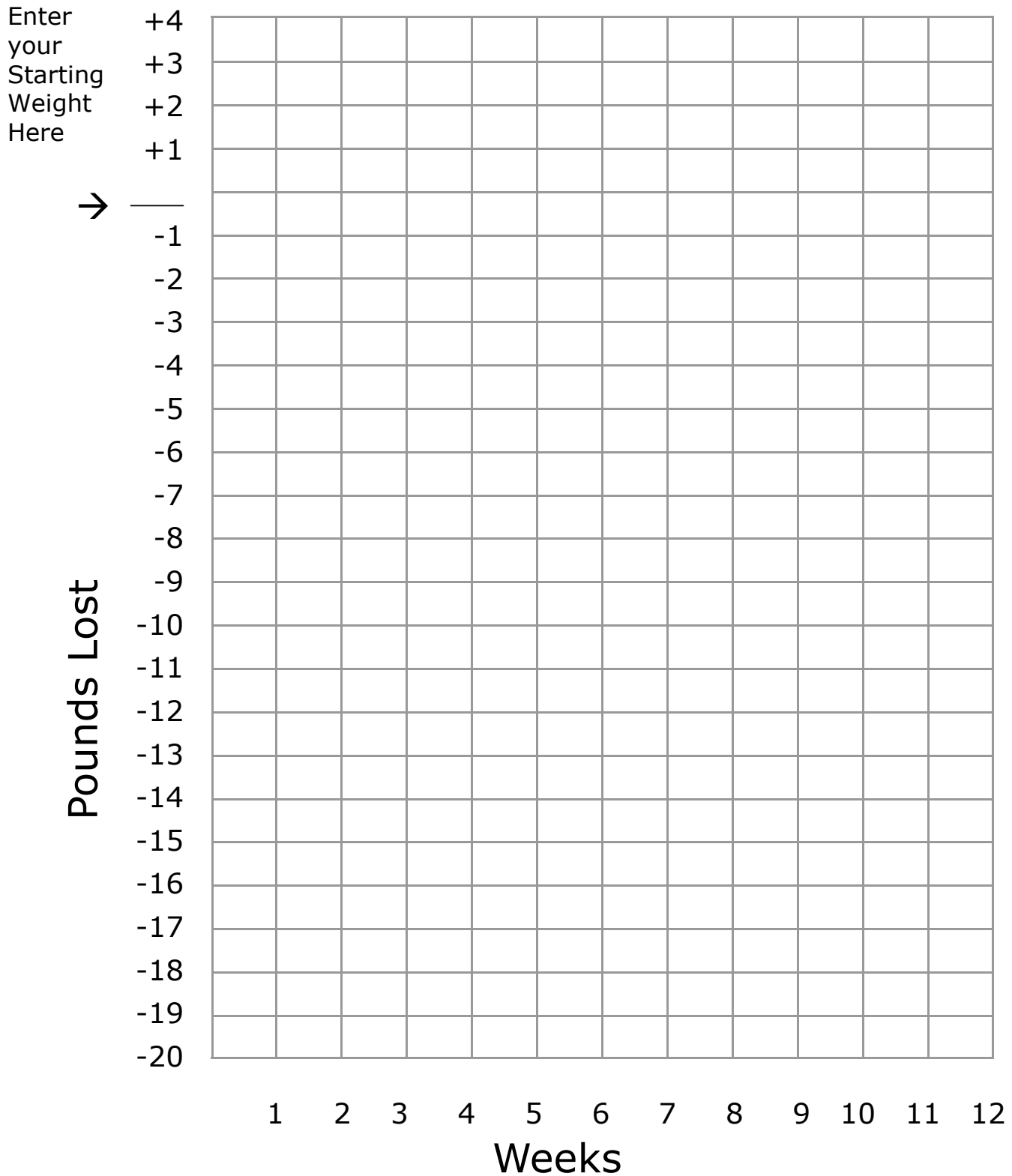


# 12-Week Stress Eater Diet Weight-Loss Tracker

Remember that the best long-term weight loss strategy is achieved by combining both good nutrition with an ongoing fitness program. Visit [www.stresseaterdiet.com](http://www.stresseaterdiet.com) for information and support.



Start Date \_\_\_\_\_