

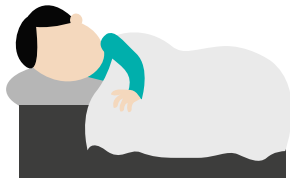
CALMING YOUR CRAVINGS



EAT MEALS
AND SNACKS
ON TIME



EAT PROTEIN
AND FIBER



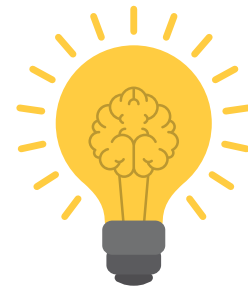
GET ENOUGH
SLEEP



DRINK
WATER



BE
PREPARED



FIND YOUR PERSONAL
MOTIVATING REASON