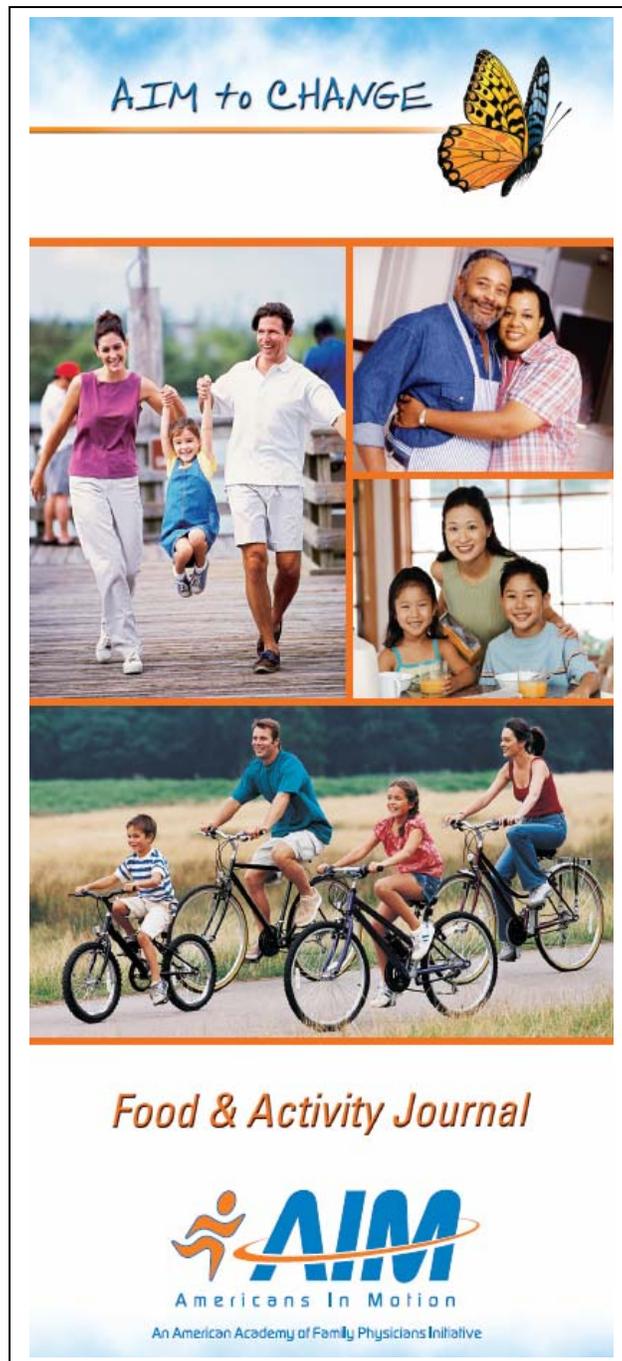


**OVERWEIGHT AND OBESITY GUIDELINE
FOOD & ACTIVITY JOURNAL**



14 Pages with Instructions

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