Before Surgery	Today
Pant Size	Pant Size
Shirt Size	Shirt Size
Shoe Size	Shoe Size
Bra Size	Bra Size
Ring Size	Ring Size
Body Fat %	Body Fat %
Weight	Weight
	Pounds Lost as of Today
	How long have I kept it off?
Health Problems Then	Health Problems Now
	Treatti i robiciis Now
I couldn't do then	I can do now

I am grateful...

	I am grateful for
•	I am grateful for
•	I am grateful for
•	I am grateful for
•	I am grateful for
•	I am grateful for
•	I am grateful for