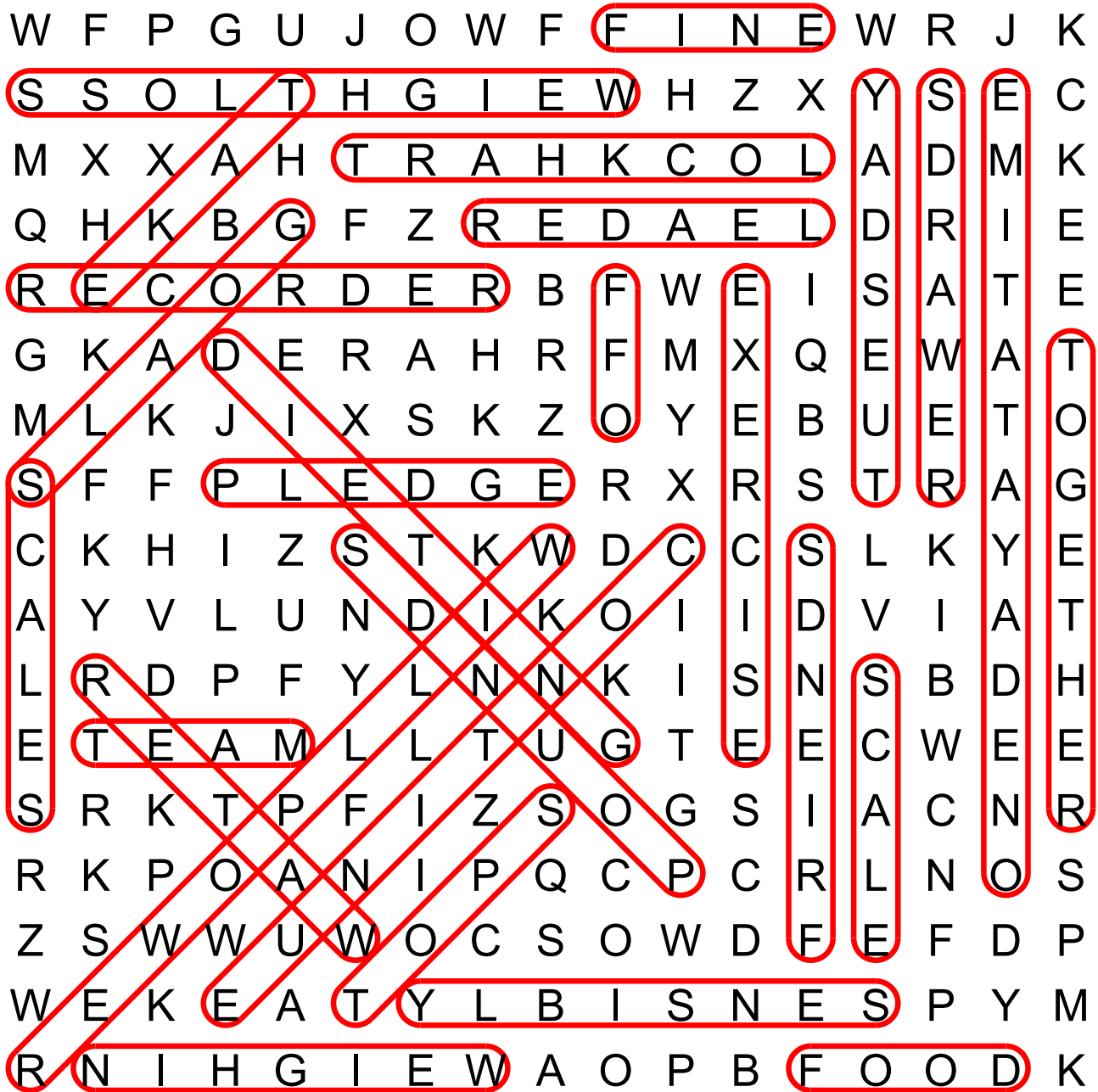


Tops Lockhart



onedayatatime

weightloss

willpower

recorder

exercise

continue

together

sensibly

lockhart

dieting

rewards

friends

weighin

tuesday

pledge

leader

pounds

scales

water

scale

goals

fine

food

team

take

tops

off