<u>30 DAY WEIGHT LOSS</u>



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30 Day Weight Loss Challenge

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This 20-page booklet includes the guidelines for your challenge, planners to help you track and stick to the 30 day weight loss challenge and tools to help you when your willpower fades.

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30 Day Diet How to Lose Weight in 30 days Guaranteed

I m not normally one to advocate quick-fix diets or crazy exercise routines, but 30 days is more than enough time to lose 15-20lbs and kick-start your journey to better health and a better body. Instead of giving you 30-days worth of eating plans for weight loss, just follow these simple 30-day diet and exercise rules you ll quickly find that everything else is just details.

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