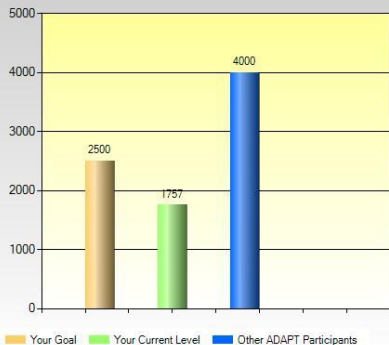


You are doing a great job getting to both of your goals. Keep it up! Take a look at the graphs to see how you are doing on your goals as compared to other people like you in the study.

Activity

Last Week's Daily Steps



Track your weekly progress



Diet

Meals where you have used a 9" plate per week.



Track your weekly progress

