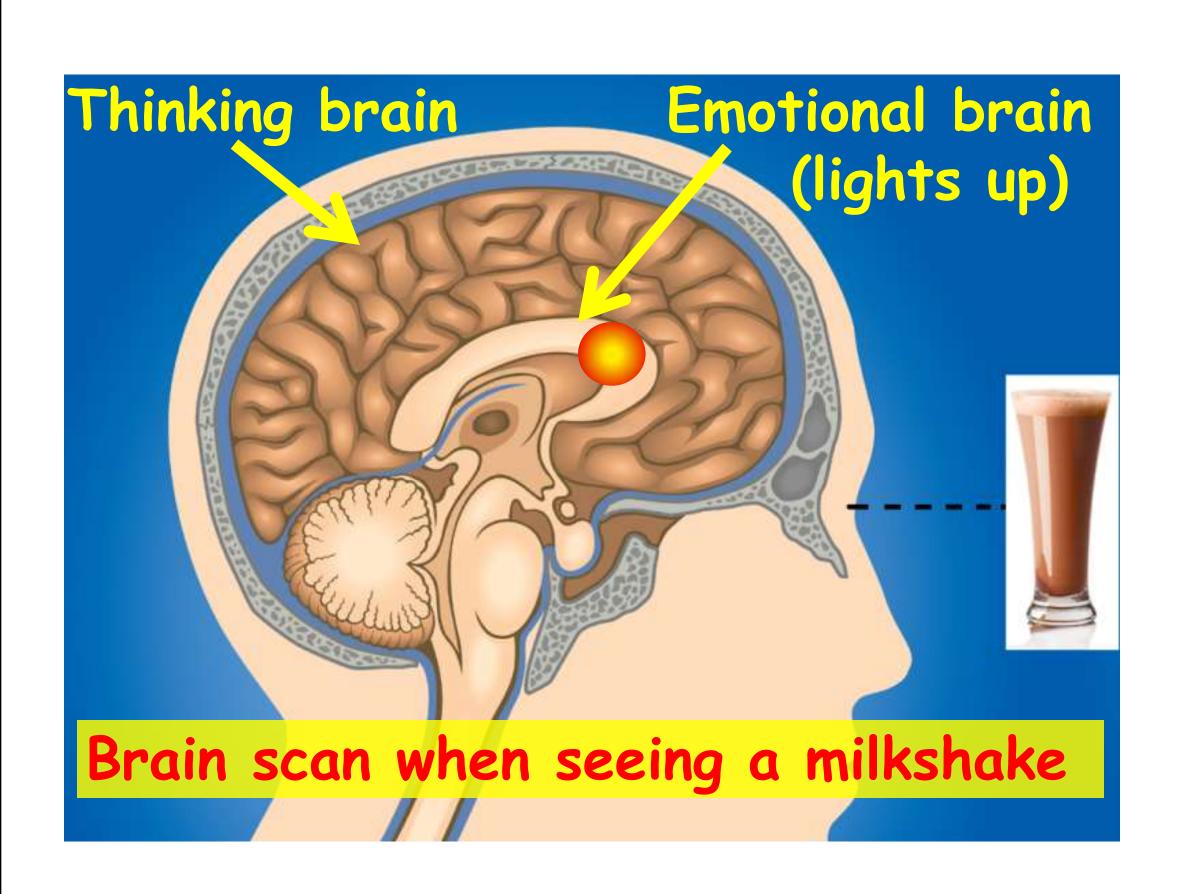
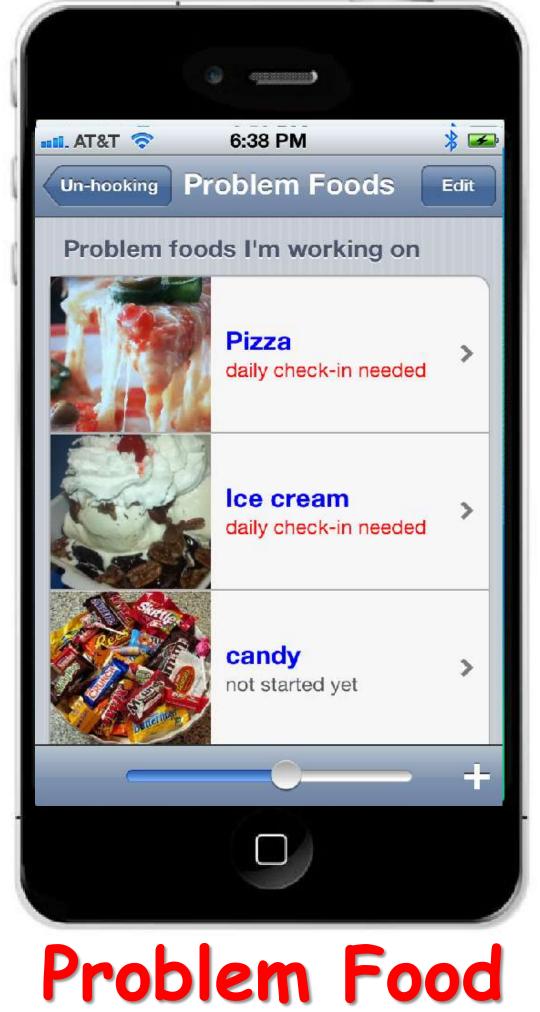
W8LOSS2GO IPHONE APP FOR OVERWEIGHT TEENS AND PRETEENS





- 1. candy
- 2. pizza
- 3. chocolate
- 4. chips
- 5. soft drinks
- 6. fast food
- 7. sweets 8. ice cream
- 9. cake
- 10. burgers
- 11. cheese
- 12. junk food
- 13. pasta 14. french fries
- 15. cookies
- 16. milkshakes
- 17. doughnuts
- 18. bread



Withdrawal

My eRoom

Robert Pretlow, MD 6/7/13, 9:36 PM

2/23/13, 12:28 PM1

2/15/13, 5:14 PM 1

Congrats on your 2 pounds lost this

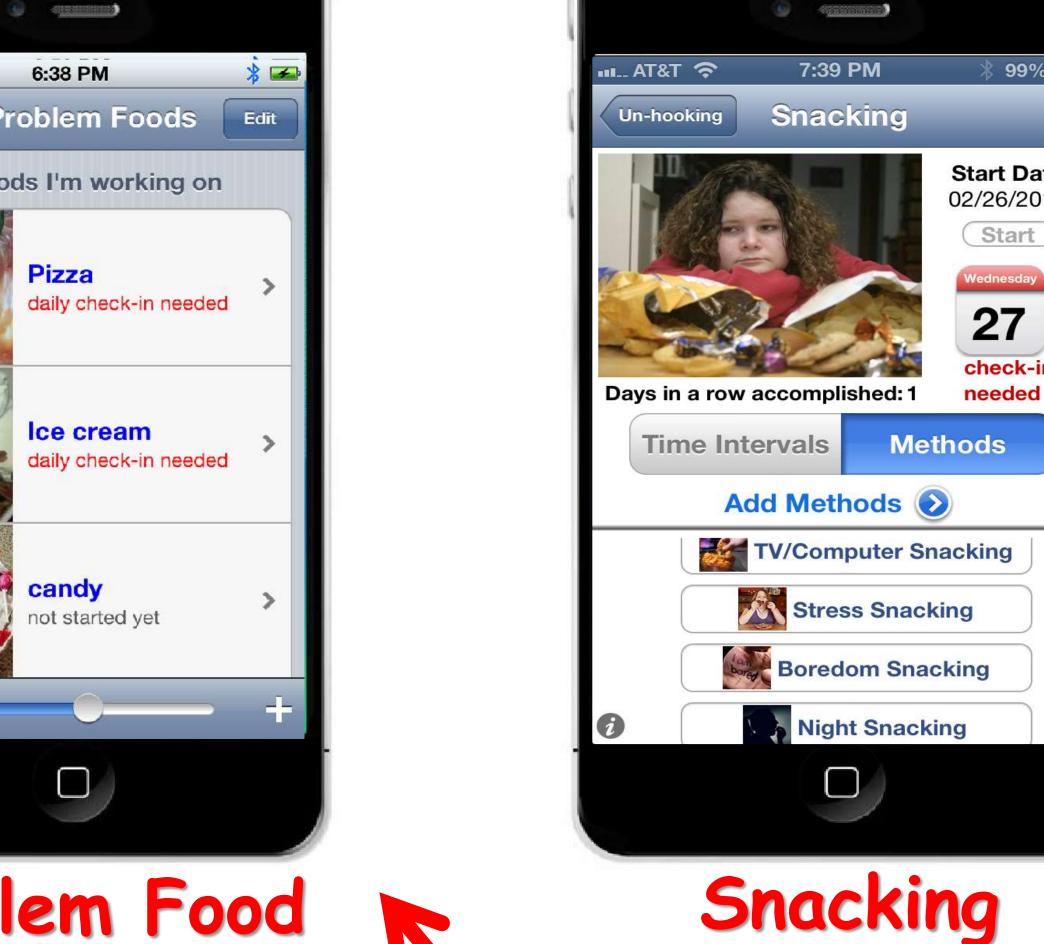
How's it going? Are you weighing your foods? Let me know if you're struggling.

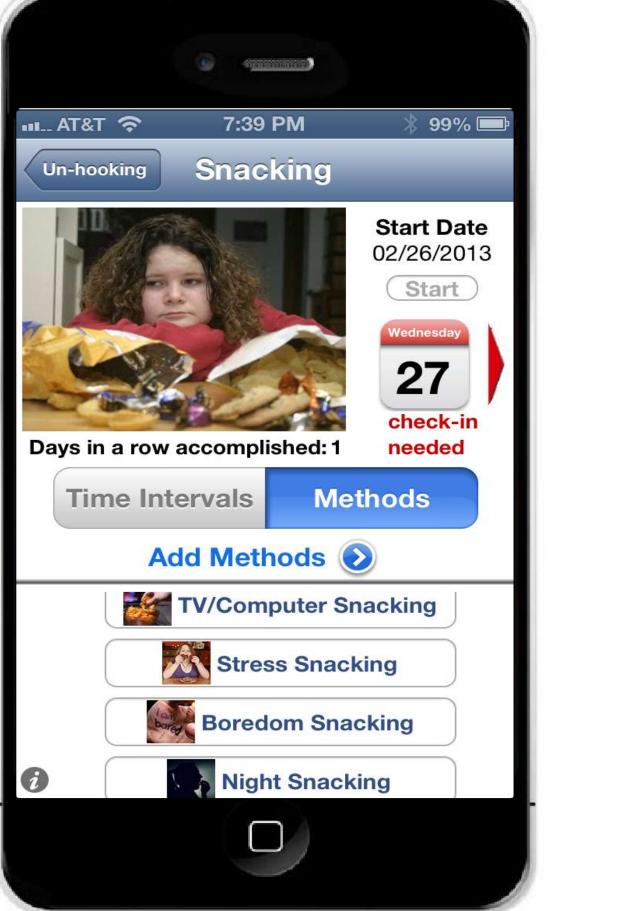
Did you try the TV snacking method?

Mentor Support

Carol Stock

Hi Susie,

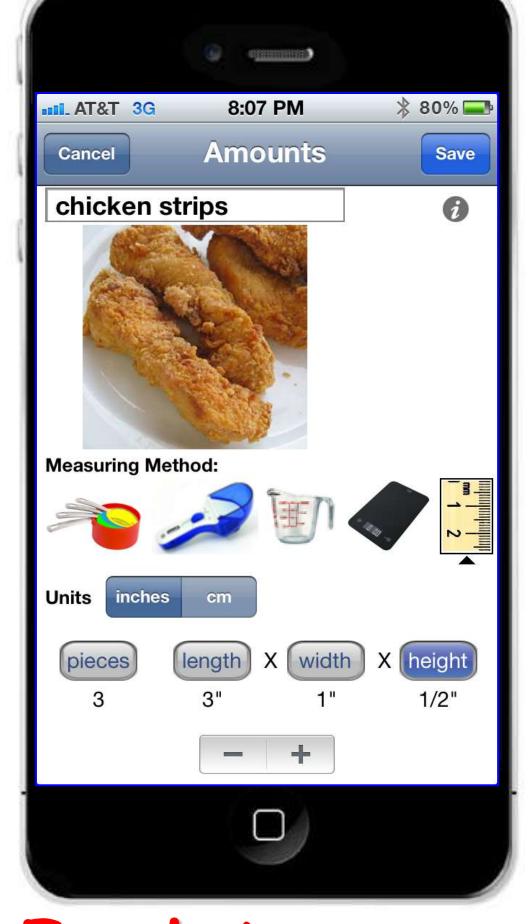




Withdrawal

≯ 87% **□**

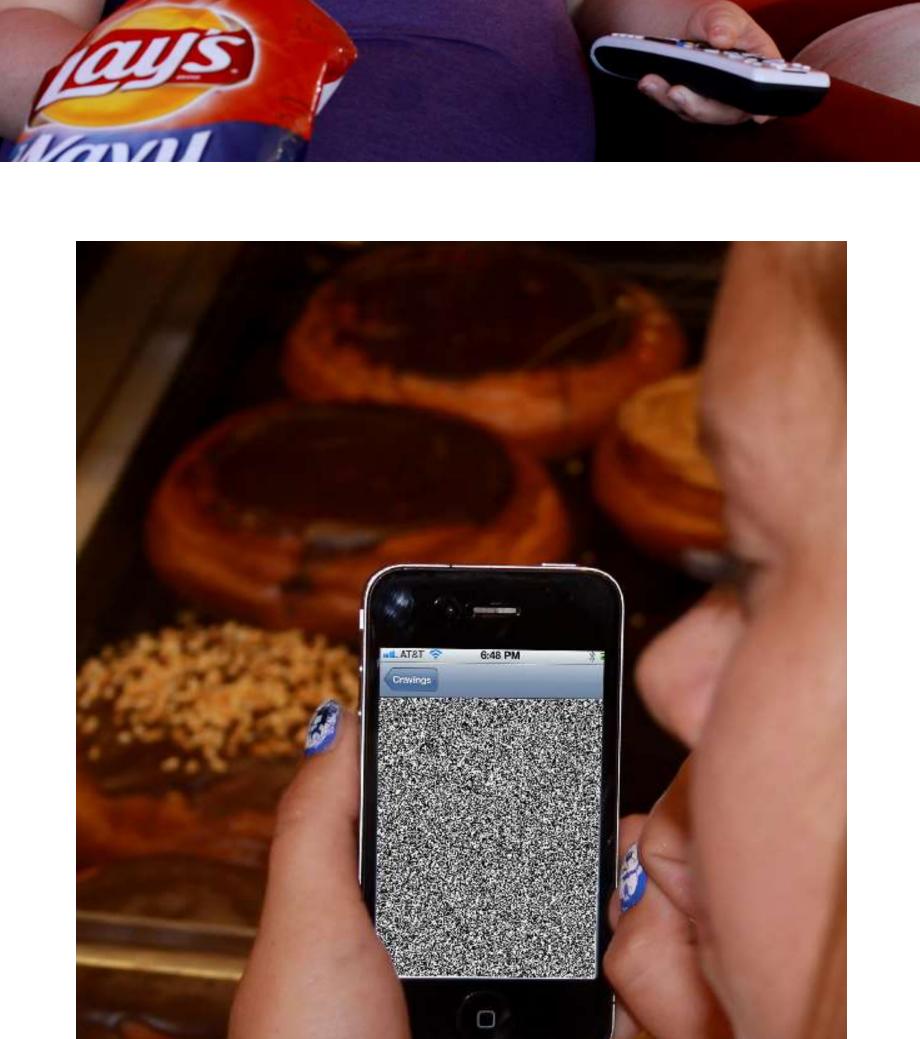
沈太







Peer Support



Eating When Bored or Upset

White noise quells cravings





Obese rats endure shock to get to junk food

