

Weight target card (credit card size)

<p>Website login</p> <div style="text-align: center;">  </div> <p style="text-align: center;">Texting Men to Help them Lose Weight</p> <div style="background-color: #e0f2f1; padding: 10px; margin: 10px 0;"> <p>Username:</p> <p>Password:</p> </div> <p style="text-align: center;">www.gameofstonesresearch.com</p>
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Weight target card SMS+I and SMS only groups reverse

Target Date (+/- 2 weeks)	Target Weight	Weight	Waist
Start:			
3 month			
6 month			
12 month			

Weight target card control group reverse

Date	Weight	Waist
Start:		
12 month		