**Motivated**

**Obese ?**

**Have you tried Salsa. ?**

I can burn more Calories

**No more Cheat day**

**You have a higher natural metabolism.**

**I wish i look like that**

**i'm on a mission**

**Have you tried jogging?**

**The end Goal**

**I can start again**

**I want to be Healthier**

**Depressed**

Nutrition Does the 80% Work

**'Scary' Gym Equipment..!**

**Why it is so hard to follow**

**I adore you just as you are. You Do Not Have To Change**

Come on.!

# Weight Loss Among Friends and Family

**Should be Encouraged by Family and Friends**

**Celebrities fitness**

**Oppertunities of future life**

**I Want to be in Shape**

**I can do this if I got my mind to it**

Things that inspire more...

**Have you used this app?**

**Skinny..?**

**I Should Research a lot**

Have You Been on a Diet?

**Did u Workout Regularly...?**

**It's difficult to go to the gym after a long day at work.**

**Incomplete Plans**

I wish I Could Do that ....

**I don't mind, but I'll do it tomorrow or the following day.**

Bicycling instead of Motor cycling

**Frustation of Not Getting in Shape**



**I wish I could continue**

**Physical &**

**mental fit**

**More Nutrition Healthy diet**

**Routine weight checks and compliments from family and friends**

**The costs must be substantial.**

**i've done it already**

|  |  |  |
| --- | --- | --- |
| **Not maintaining regular diet causes illness** | | |
| **Fear of Mockery** |  | **unable to follow the diet because of other medical conditions** |

**The ability, strength and willpower to take this new found confident**