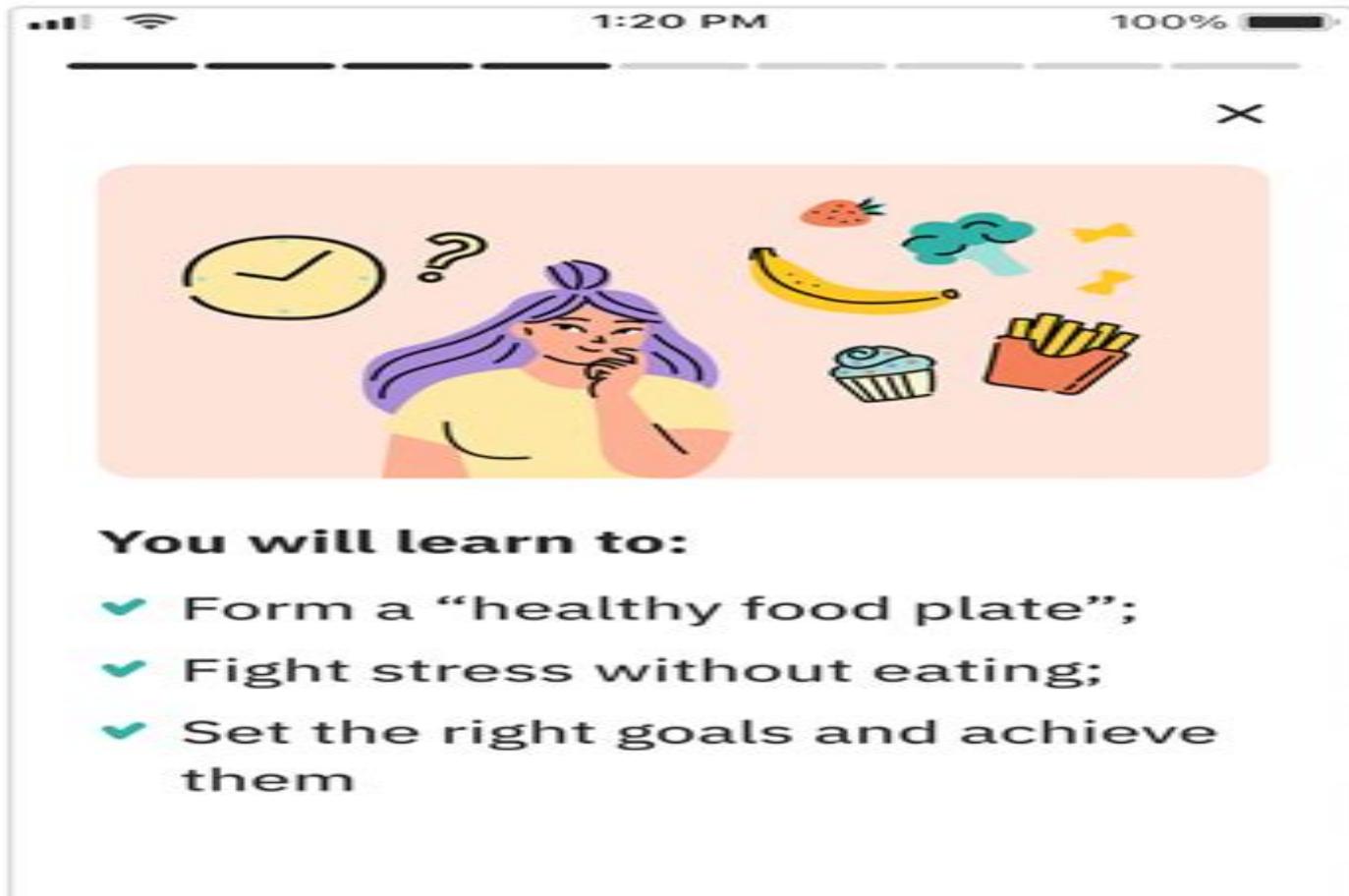


Weight Changing Courses



The image shows a smartphone screen displaying a course preview. At the top of the screen, the status bar shows signal strength, Wi-Fi, the time 1:20 PM, and 100% battery. Below the status bar is a close button (X). The main content area features an illustration of a woman with purple hair thinking, surrounded by icons for a clock, a question mark, a banana, a strawberry, broccoli, a cupcake, and french fries. Below the illustration, the text reads "You will learn to:" followed by a list of three bullet points.

You will learn to:

- ✓ Form a “healthy food plate”;
- ✓ Fight stress without eating;
- ✓ Set the right goals and achieve them

X App Weight Loss Plan Guide

Marcel A. Müller



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