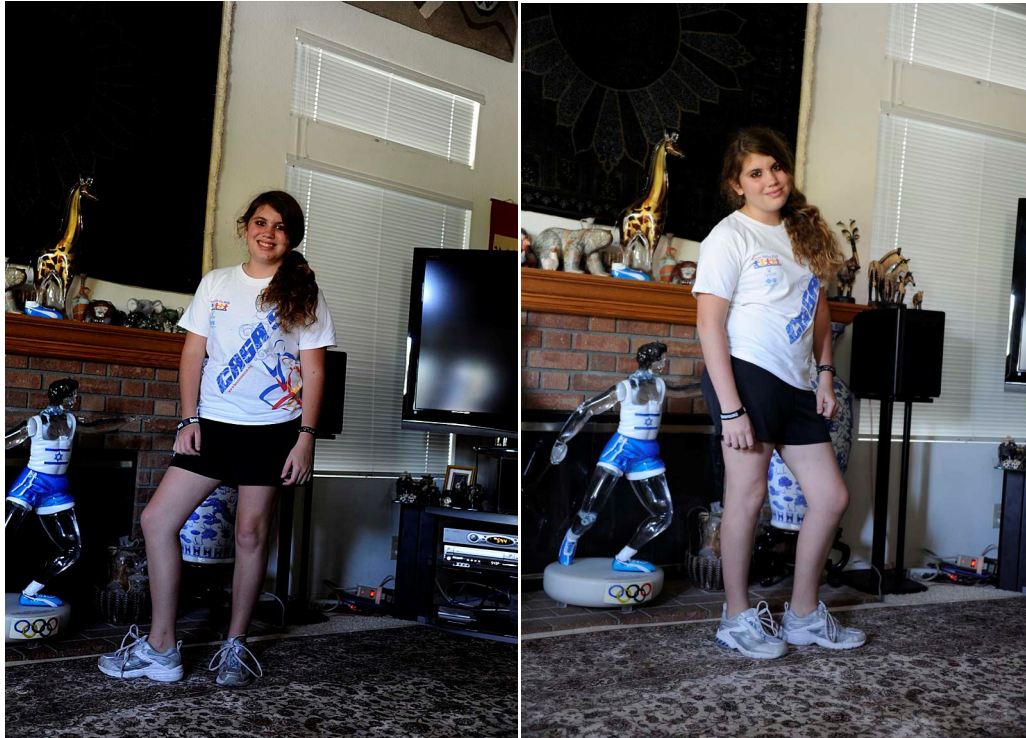


Ilana's progress on her Exercise and Diet program started at August 1st. See what the first 3 weeks produce:

August 1st starting monitoring Weight and look as well as fitness:

Her program consist each day of playing Tennis one hour. Karate one hour. Walking one Hour. At the gym with weights one Hour, and Swimming 20 Minutes.

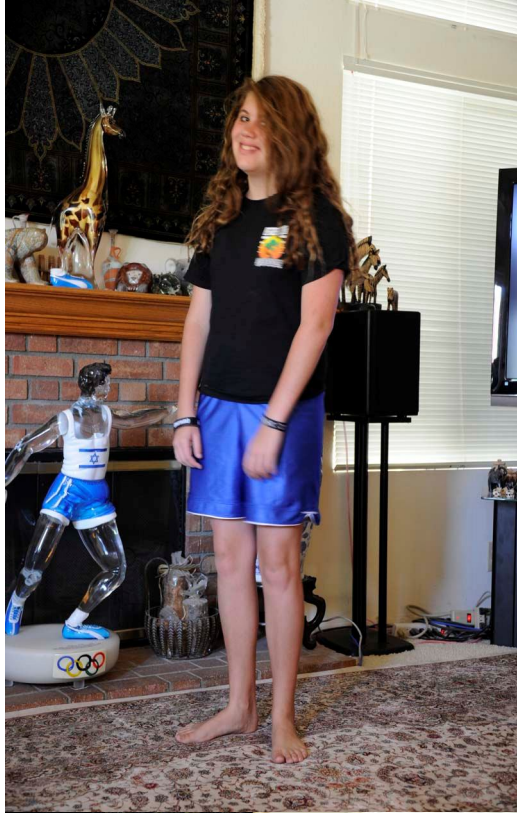
Her Diet consist of protein and minimum Carbo. Big change on Carbos. Very seldom Desert is allowed.



8-6-11



8-11-11



8-15-11

