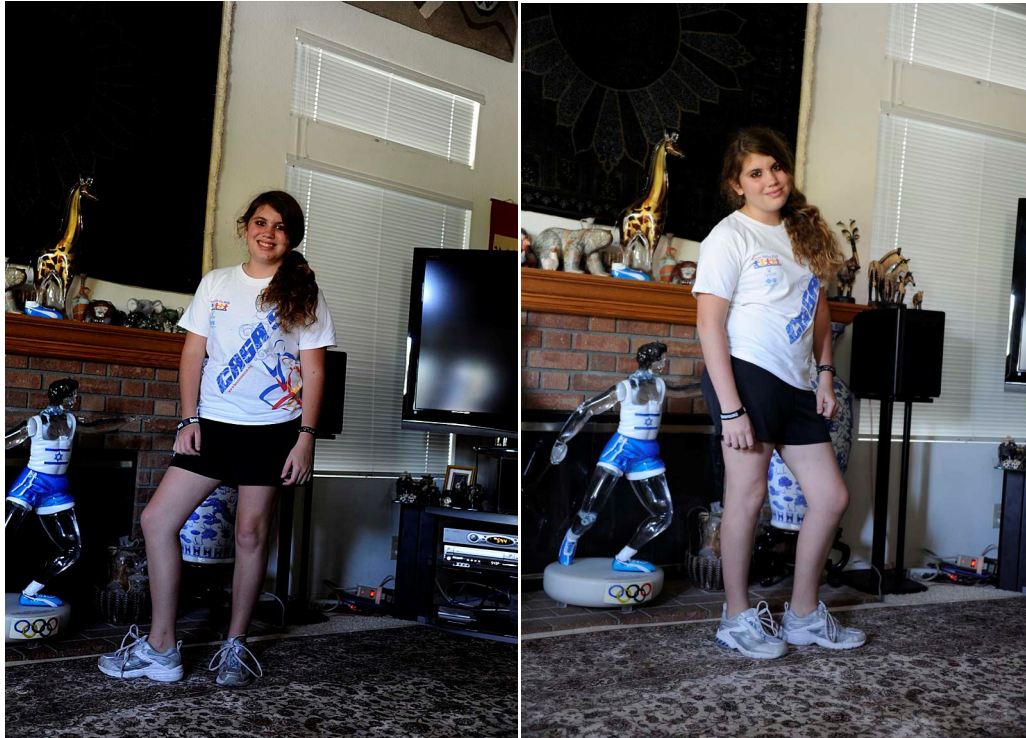


Ilana's progress on her Exercise and Diet program started at August 1<sup>st</sup>. See what the first 3 weeks produce:

August 1<sup>st</sup> 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.

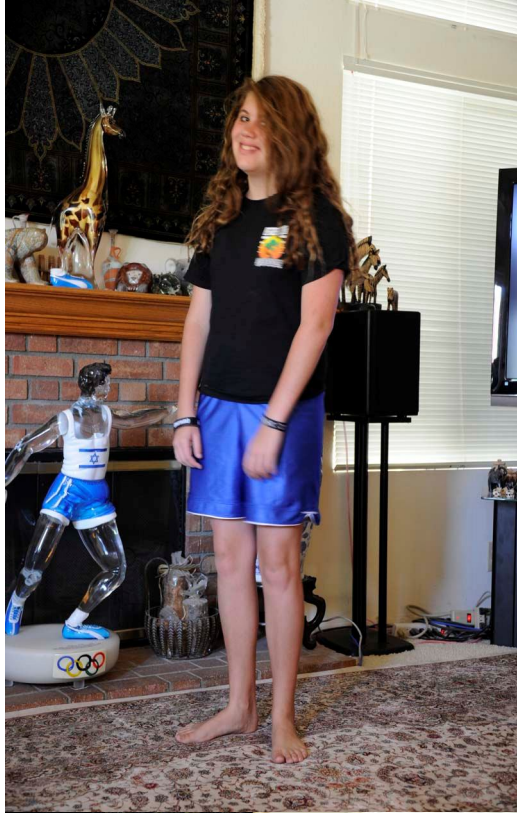
Her Diet consist of protein and minimum Carbo. Big change on Carbos. Very seldom Desert is allowed.



8-6-11



8-11-11



8-15-11



After one month of Tennis, Karate, and Gym almost every day, and good diet and additional vitamins, Ilana grew 1.5 Inches making it 5'4"

8-25-11

