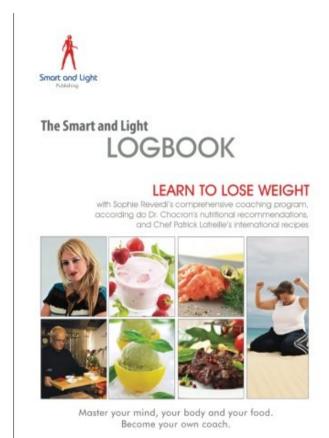
## The Smart and Light Program Logbook: Learn to lose weight







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