

# Cost Benefit Analysis

I want to lose weight because \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I am worth the efforts required to lose weight because  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Losing weight will improve my life in these ways:

Losing weight will improve my life in these ways:

PHYSICALLY

ARCHITECT

Helping badass brides-to-be build better bodies

EMOTIONALLY