20 years longer life

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“All you can diet”

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Quick Start Guide

Before you begin

- Drink plenty of water
- Get adequate sleep
- Finish important tasks
- Do not overeat
- No change in exercise patterns

Introduction

- Drink plenty of water
- Get adequate sleep
- Finish important tasks
- Do not overeat
- No change in exercise patterns

Recommendations

- Drink plenty of water
- Get adequate sleep
- Finish important tasks
- Do not overeat
- No change in exercise patterns

Rules

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- Do not overeat
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Instructions

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Supplies

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Quitting

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Side Effects

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Introduction

The software will from time to time perform a validation check of the software. The check may be initiated by the software or Microsoft. To enable the activation function and validation checks, the software may from time to time require updates or additional downloads of the validation, licensing or activation functions of the software. The updates or downloads are required for the proper functioning of the software and may be downloaded and installed without further notice to you. During or after a validation check, the software may send information about the software, the computer and the results of the validation check to Microsoft. This information includes, for example, the version and product key of the software, any unauthorized changes made to the validation, licensing or activation functions of the software, any related malicious or unauthorized software found and the Internet protocol address of the computer. Microsoft does not use the information to identify or contact you. By using the software, you consent to the transmission of this information. For more information about validation and what is sent during or after a validation

Validation verifies that the software has been activated and is properly licensed. It also verifies that no unauthorized changes have been made to the validation, licensing, or activation functions of the software. Validation may also check for certain malicious or unauthorized software related to such unauthorized changes. A validation check confirming that you are properly licensed permits you to continue to use the software, certain features of the software or to obtain additional benefits.

The following features use Internet protocols, which send to the appropriate systems computer information, such as your Internet protocol address, the type of operating system, browser and name and version of the software you are using, and the language code of the computer where you installed the software. Microsoft uses this information to make the Internet-based services available to you.

This feature determines whether a system is connected to a network by either passive monitoring of network traffic or active DNS or HTTP queries. The query only transfers standard TCP/IP or DNS information for routing purposes. You can switch off the active query feature through a registry setting. This service synchronizes with time.windows.com once a week to provide your computer with the correct time. You can turn this feature off or choose your preferred time source within the Date and Time Control Panel applet. The connection uses the standard NTP protocol.

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Lifestyle

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Supplies

Media Center is not designed for use in every country. For example, although the Media Center information may refer to certain features such as an electronic programming guide or provide information on how to configure a TV tuner, these features may not work in your area. Please refer to the Media Center information for a list of features that may not work in your area.

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Preparation

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If the software includes access to an electronic programming guide service that displays customized television listings, a separate service agreement applies to the service. If you do not agree to the terms of the service agreement, you may continue to use the software, but you will not be able to use the electronic programming guide service. The service may contain advertising content and related data, which are received and stored by the software. The service is not available in all areas. Please consult the software information for instructions on accessing the service agreement.

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Procedure

Instead of using the software directly on the licensed computer, you may install and use the software within only one virtual (or otherwise emulated) hardware system on the licensed computer. When used in a virtualized environment, content protected by digital rights management technology, BitLocker or any full volume disk drive encryption technology may not be as secure as protected content not in a virtualized environment. You should comply with all domestic and international laws that apply to such protected content.

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The software may include more than one version, such as 32-bit and 64-bit. You may use only one version at one time. If the manufacturer or installer provides you with a one-time selection between language versions, you may use only the one language version you select. You may use the software on

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up to two processors on the licensed computer at one time. Unless otherwise provided in these license terms, you may not use the software on any other computer.

If turned on, Windows Defender will search your computer for “spyware,” “adware” and other potentially unwanted software. If it finds potentially unwanted software, the software will ask you if you want to ignore, disable (quarantine) or remove it. Any potentially unwanted software rated “high” or “severe,” will automatically be removed after scanning unless you change the default setting. Removing or disabling potentially unwanted software may result.

Instructions

(1) Activation associates the use of the software with a specific computer. During activation, the software will send information about the software and the computer to Microsoft. (2) This information includes the version, language and product key of the software, the Internet protocol address of the computer, and information derived from the hardware configuration of the computer. (3) For more information. By using the software, you consent to the transmission of this information. (4) If properly licensed, you have the right to use the version of the software installed during the installation process up to the time permitted for activation. (5) If the software includes access to an electronic programming guide service that displays customized television listings, a separate service agreement applies to the service. (6) If you do not agree to the terms of the service agreement, you may continue to use the software, but you will not be able to use the electronic programming guide service. (7) The service may contain advertising content and related data, which are received and stored by the software. The service is not available in all areas. (8) Please consult the software information for instructions on accessing the service agreement. The software will from time to time perform a validation check of the software. (9) The check may be initiated by the software or Microsoft. To enable the activation function and validation checks, the software may from time to time require updates or additional downloads of the validation, licensing or activation functions of the software. (10) The updates or downloads are required for the proper functioning of the software and may be downloaded and installed without further notice to you. (11) During or after a validation check, the software may send information about the software, the computer and the results of the validation check to Microsoft. (12) This information includes, for example, the version and product key of the software, any unauthorized changes made to the validation, licensing or activation functions of the software, any related malicious or unauthorized software found and the Internet protocol address of the computer. (13) Microsoft does not use the information to identify or contact you. By using the software, you consent to the transmission of this information. For more information about validation and what is sent during or after a validation. (14) If you request related media information as part of your playback experience, the data provided to you may not be in your local language. (15) Some countries or regions have laws and regulations which may restrict or limit your ability to access certain types of content.

Food

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Figure 1: REDACTED

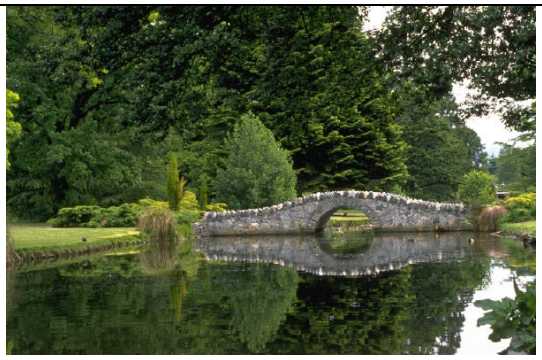

Figure 2: REDACTED

If turned on, Windows Defender will search your computer for “spyware,” “adware” and other potentially unwanted software. If it finds potentially unwanted software, the software will ask you if you want to ignore, disable (quarantine) or remove it. Any potentially unwanted software rated “high” or “severe,” will automatically be removed after scanning unless you change the default setting. Removing or disabling potentially unwanted software may result.

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Rules

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Recommendations

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Hydration

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Sleep

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Exercise

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Cleanliness

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Social Factors

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Progress

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Slipups

The software is licensed on a per copy per computer basis. A computer is a physical hardware system with an internal storage device capable of running the software. A hardware partition or blade is considered to be a separate computer. Please read them. They apply to the software named above, which includes the media on which you received it, if any. Printed-paper license terms, which may come with the software take the place of any on-screen license terms.

If the software includes access to an electronic programming guide service that displays customized television listings, a separate service agreement applies to the service. If you do not agree to the terms of the service agreement, you may continue to use the software, but you will not be able to use the electronic programming guide service. The service may contain advertising content and related data, which are received and stored by the software. The service is not available in all areas. Please consult the software information for instructions on accessing the service agreement.

The software will from time to time perform a validation check of the software. The check may be initiated by the software or Microsoft. To enable the activation function and validation checks, the software may from time to time require updates or additional downloads of the validation, licensing or activation functions of the software. The updates or downloads are required for the proper functioning of the software and may be downloaded and installed without further notice to you. During or after a validation check, the software may send information about the software, the computer and the results of the validation check to Microsoft. This information includes, for example, the version and product key of the software, any unauthorized changes made to the validation, licensing or activation functions of the software, any related malicious or unauthorized software found and the Internet protocol address of the computer. Microsoft does not use the information to identify or contact you. By using the software, you consent to the transmission of this information. For more information about validation and what is sent during or after a validation.

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Side Effects

You may connect new hardware to your computer, either directly or over a network. Your computer may not have the drivers needed to communicate with that hardware. If so, the update feature of the software can obtain the correct driver from Microsoft and install it on your computer. An administrator can disable this update feature.

Content owners use Windows Media digital rights management technology (WMDRM) to protect their intellectual property, including copyrights. This software and third party software use

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During setup, if you select "Get important updates for installation", the software may check for and remove certain malware from your computer. "Malware" is malicious software. If the software runs, it will remove the Malware listed and updated. During a Malware check, a report will be sent to Microsoft with specific information about Malware detected, errors, and other information about your computer. This information is used to improve the software and other Microsoft products and services. No information included in these reports will be used to identify or contact you. You may disable the software's reporting functionality by following the instructions. For more information read the Windows Malicious Software Removal Tool privacy statement.

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Foods Allowed List (REDACTED)	

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Food Menu
Week 1

Sunday	Monda	Tuesday	Wednesd	Thursda	Friday	Saturda
REDACTED	REDACTED	REDACTED	REDACTED	REDACTED	REDACTED	REDACTED
∞ indicates no limit	∞ indicates no limit	∞ indicates no limit	∞ indicates no limit	∞ indicates no limit	∞ indicates no limit	∞ indicates no limit

Food Menu

Sunday
REDACTED
∞ indicates no limit

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
REDACTED ∞ indicates no limit	REDACTED ∞ indicates no limit	REDACTED ∞ indicates no limit	REDACTED ∞ indicates no limit	REDACTED ∞ indicates no limit	REDACTED ∞ indicates no limit

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