



APRIL 10, 2020

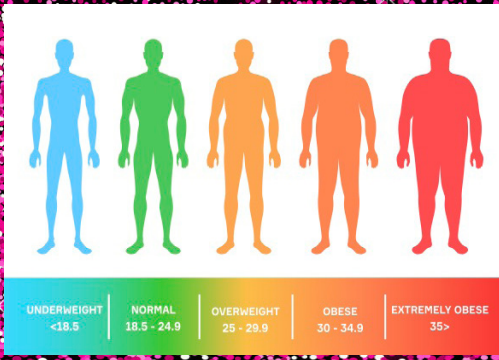


- **Obesity** • **Immune System**
- **Vitamin D Level**



Balanced & Strong Immune System, Love, Happiness, Peace, Harmony and SURVIVAL

BMI



Obesity Ranking:

Highest to Lowest:
CDC National Center for Health Statistics (NCHS)

1. African-Americans
2. Hispanics
3. Non-Hispanic whites
4. Non-Hispanic Asians

Obesity is a set-up for Vitamin D Deficiency. Vitamin D deficiency is a Set up for a Weak, Overactive, Uncontrolled and Imbalanced Immune System. That spells T R O U B L E !

POST ON "FRIDGE": Track Your Monthly Progress

Email: midnightbelton@gmail.com

Starting May 2020

___ Height/Weight	___ Height/Weight	___ Height/Weight
___ BMI	___ BMI	___ BMI
___ Waist (in.)	___ Waist (in.)	___ Waist (in.)
___ Hip (in.)	___ Hip (in.)	___ Hip (in.)
___ Current Vitamin D level		
___ Height/Weight	___ Height/Weight	___ Height/Weight
___ BMI	___ BMI	___ BMI
___ Waist (in.)	___ Waist (in.)	___ Waist (in.)
___ Hip (in.)	___ Hip (in.)	___ Hip (in.)
	___ Current Vitamin D level	
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___ BMI	___ BMI	___ BMI
___ Waist (in.)	___ Waist (in.)	___ Waist (in.)
___ Hip (in.)	___ Hip (in.)	___ Hip (in.)
___ Height/Weight	___ Height/Weight	___ Height/Weight
___ BMI	___ BMI	___ BMI
___ Waist (in.)	___ Waist (in.)	___ Waist (in.)
___ Hip (in.)	___ Hip (in.)	___ Hip (in.)
	___ Current Vitamin D level	



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**Post this on your
“fridge” and track
your progress in
these areas:**

- Height/Weight
- BMI
- Waist (inches or feet)
- Hip (inches or feet)
- Current Vitamin D level
- Vitamin D level
December 2020

**Track monthly from
May 2020 until second
Saturday in April 2021.**