

# DON'T LOSE SIGHT OF YOUR GOALS!



**SKINNY**<sub>GC</sub>  
WEIGHT CONTROL  
UNROASTED  
GREEN COFFEE

For more information visit Skinny Green Coffee online and find it at leading outlets countrywide.

**futurethis** | 0860 018 022  
info@futurethis.co.za

[www.skinnygreencoffee.co.za](http://www.skinnygreencoffee.co.za)



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# REACH YOUR FITNESS GOALS FASTER



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# GETTING SKINNY IS FOR EVERYONE



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Can drinking  
Skinny Green Coffee  
help you burn fat?  
YES!



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FEEL  
GOOD,  
NATURALLY



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# GUILT FREE

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refresh your mornings - get

# SKINNY<sub>GC</sub>

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online  
now!

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## WEEKLY FITNESS *journal*

No. \_\_\_\_\_

Date \_\_\_\_\_

That's  
1 lean  
bean



### WEEKLY TRAINING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CARDIO 15 MIN	CARDIO 15 MIN	CARDIO 15 MIN	CARDIO 15 MIN	CARDIO 15 MIN
CORE-TRAINING	STRENGTH TRAINING	WORKOUT	CORE-TRAINING	STRENGTH TRAINING

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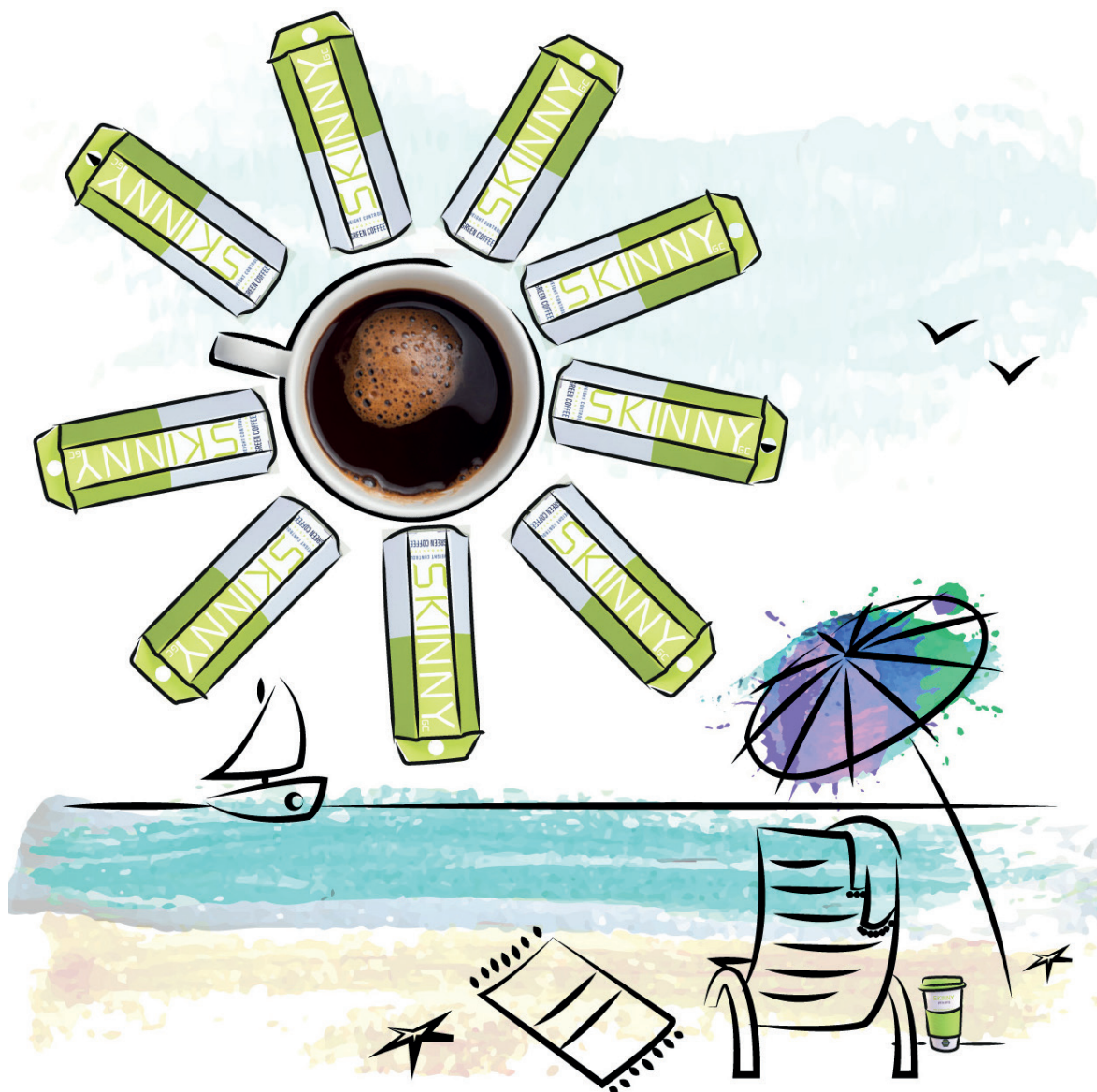


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ANY TIME  
IS SKINNY  
TIME



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ON THE GO



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