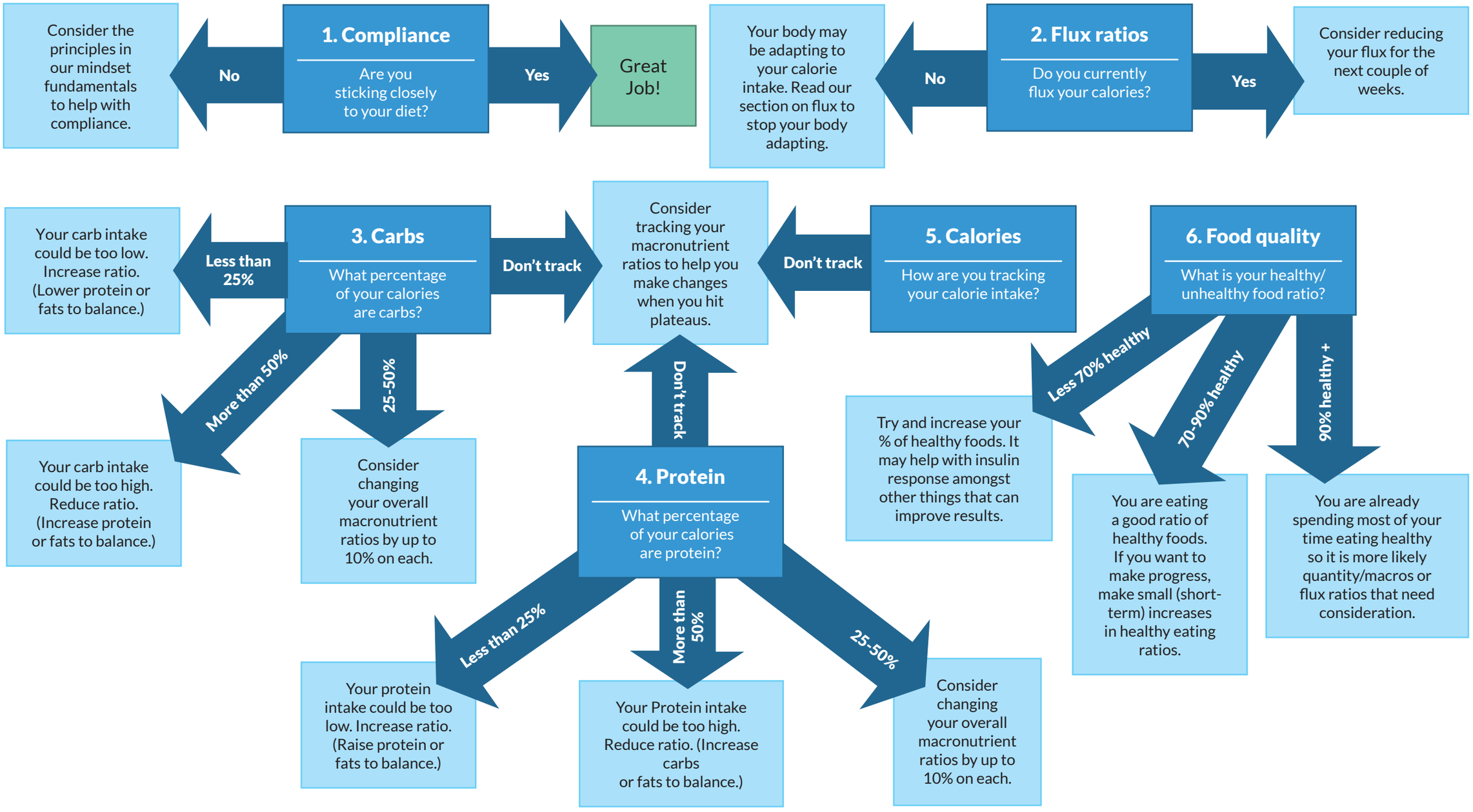
PLATEAU TROUBLESHOOTERS
- NUTRITION

If over a period of three weeks you have made no further progress on the scales or measuring tape, you may have hit a plateau. If you are following our guidelines this shouldn't happen often. If it does, you can use the following charts to troubleshoot the various aspects of your plan to see if you can make changes to your routine.