

Hi,

Thank you for downloading this free software. I hope that it helps you to achieve your weight loss goals.

**Instructions:**

Click the file called called CalorieCalculator.exe and follow the instructions.

Once you've done that, you can see a video about how the software works at <http://weightlossfantastic.com/?p=117>

Best wishes,

John Marshall

Visit my little blog for more ideas <http://weightlossfantastic.com/>

P.S. I lost weight 20 years ago and kept it off, so be motivated and keep at it!

Please take advice from a doctor when trying to lose weight. The calculator is only making suggestions and you should take professional medical advice about weight loss.