

- 1 Pastel Blue
- 2 (1/2) Bluestone
- 3 (1/2) Blaze Medi
- 4 (1/2) Canary
- 5 (1/2) Paprika
- 6 (2/2) Bluestone
- 7 (3/2) Blaze Medi
- 8 (4/2) Canary
- 9 (5/2) Paprika
- 10 Pink Sherbet



Name: BC\_WeightLossSayings1\_5x7  
 File: BC\_WeightLossSayings1\_5x7.PES  
 Stitches: 20099 Colors: 6/10  
 Size: 4.67x6.81 " Stops: 9

- 1 Pastel Blue
- 2 (1/2) Bluestone
- 3 (1/2) Blaze Medi
- 4 (1/2) Canary
- 5 (1/2) Paprika
- 6 (2/2) Bluestone
- 7 (3/2) Blaze Medi
- 8 (4/2) Canary
- 9 (5/2) Paprika
- 10 Pink Sherbet



Name: BC\_WeightLossSayings1\_6x10  
 File: BC\_WeightLossSayings1\_6x10.PES  
 Stitches: 26765 Colors: 6/10  
 Size: 5.81x8.46 " Stops: 9

- 1 Pastel Blue
- 2 (1/2) Bluestone
- 3 (1/2) Blaze Medi
- 4 (1/2) Canary
- 5 (1/2) Paprika
- 6 (2/2) Bluestone
- 7 (3/2) Blaze Medi
- 8 (4/2) Canary
- 9 (5/2) Paprika
- 10 Pink Sherbet



Name: BC\_WeightLossSayings1\_8x8  
 File: BC\_WeightLossSayings1\_8x8.PES  
 Stitches: 23851 Colors: 6/10  
 Size: 5.33x7.76 " Stops: 9

- 1 Dark Aqua Green
- 2 Pink Sherbet
- 3 Metal



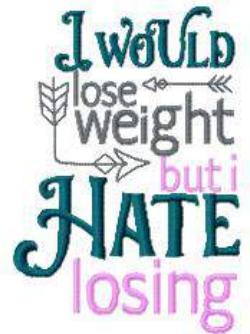
Name: BC\_WeightLossSayings10\_5x7  
 File: BC\_WeightLossSayings10\_5x7.PES  
 Stitches: 14550 Colors: 3/3  
 Size: 4.71x6.81 " Stops: 2

- 1 Dark Aqua Green
- 2 Pink Sherbet
- 3 Metal



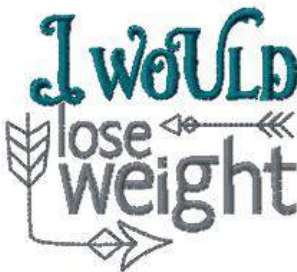
Name: BC\_WeightLossSayings10\_6x10  
 File: BC\_WeightLossSayings10\_P...6x10  
 Stitches: 19498 Colors: 3/3  
 Size: 5.81x8.42 " Stops: 2

- 1 Dark Aqua Green
- 2 Pink Sherbet
- 3 Metal



Name: BC\_WeightLossSayings10\_8x8  
 File: BC\_WeightLossSayings10\_8x8.PES  
 Stitches: 17403 Colors: 3/3  
 Size: 5.37x7.77 " Stops: 2

- 1 Dark Aqua Green
- 2 Metal



Name: BC\_WeightLossSayings10a\_4x4  
 File: BC\_WeightLossSayings10a.P...\_4x4  
 Stitches: 5923 Colors: 2/2  
 Size: 3.31x2.99 " Stops: 1

- 1 Dark Aqua Green
- 2 Pink Sherbet



Name: BC\_WeightLossSayings10b\_4x4  
 File: BC\_WeightLossSayings10b.P...\_4x4  
 Stitches: 5522 Colors: 2/2  
 Size: 3.83x3.02 " Stops: 1

- 1 Pastel Blue
- 2 Metal
- 3 Pink Sherbet



Name: BC\_WeightLossSayings11\_5x7  
 File: BC\_WeightLossSayings11\_5x7.PES  
 Stitches: 14146 Colors: 3/3  
 Size: 4.81x5.27 " Stops: 2

- 1 Pastel Blue
- 2 Metal
- 3 Pink Sherbet



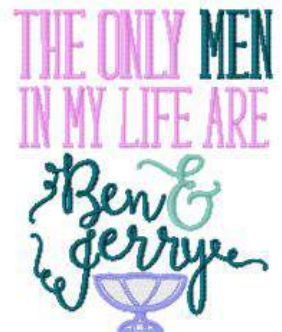
Name: BC\_WeightLossSayings11\_6x10  
 File: BC\_WeightLossSayings11\_P...6x10  
 Stitches: 18286 Colors: 3/3  
 Size: 5.81x6.35 " Stops: 2

- 1 Pastel Blue
- 2 Metal
- 3 Pink Sherbet



Name: BC\_WeightLossSayings11\_6x8  
 File: BC\_WeightLossSayings11\_6x8.PES  
 Stitches: 22987 Colors: 3/3  
 Size: 7.77x7.10 " Stops: 2

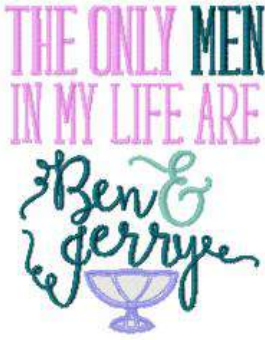
- 1 Pink Sherbet
- 2 Dark Aqua Green
- 3 Seafrost
- 4 Snow White
- 5 Jay Blue



Name: BC\_WeightLossSayings12\_5x7  
 File: BC\_WeightLossSayings12\_5x7.PES  
 Stitches: 17796 Colors: 5/5  
 Size: 4.81x6.07 " Stops: 4

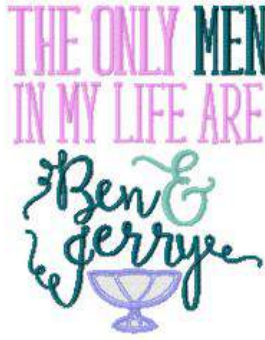


- 1 Pink Sherbet
- 2 Dark Aqua Green
- 3 Seafrost
- 4 Snow White
- 5 Jay Blue



Name: BC\_WeightLossSayings12\_6x10  
 File: BC\_WeightLossSayings12\_P...6x10  
 Stitches: 22797 Colors: 5/5  
 Size: 5.81x7.33 " Stops: 4

- 1 Pink Sherbet
- 2 Dark Aqua Green
- 3 Seafrost
- 4 Snow White
- 5 Jay Blue



Name: BC\_WeightLossSayings12\_8x8  
 File: BC\_WeightLossSayings12\_8x8.PES  
 Stitches: 25064 Colors: 5/5  
 Size: 6.15x7.77 " Stops: 4

- 1 Pastel Blue
- 2 (1/2) Bluestone
- 3 (1/2) Blaze Medi
- 4 (1/2) Canary
- 5 (1/2) Paprika
- 6 (2/2) Bluestone
- 7 (3/2) Blaze Medi
- 8 (2/2) Canary
- 9 (5/2) Paprika



Name: BC\_WeightLossSayings1a\_4x4  
 File: BC\_WeightLossSayings1a\_4x4.PES  
 Stitches: 9330 Colors: 5/9  
 Size: 3.74x3.11 " Stops: 8

- 1 Pink Sherbet



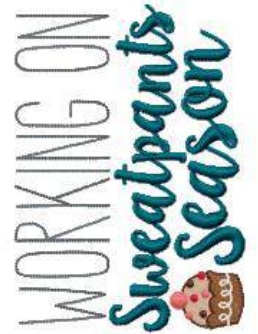
Name: BC\_WeightLossSayings1b\_4x4  
 File: BC\_WeightLossSayings1b\_4x4.PES  
 Stitches: 5807 Colors: 1/1  
 Size: 3.83x2.57 " Stops: 0

- 1 Metal
- 2 Dark Aqua Green
- 3 Alesan
- 4 Wicker
- 5 Brown
- 6 Tea Rose
- 7 Blossom Pink Dar
- 8 Snow White



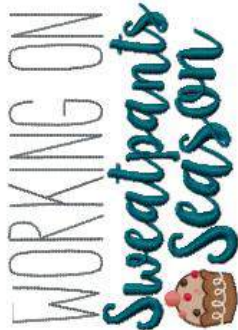
Name: BC\_WeightLossSayings2\_4x4  
 File: BC\_WeightLossSayings2\_4x4.PES  
 Stitches: 7471 Colors: 8/8  
 Size: 3.83x2.69 " Stops: 7

- 1 Metal
- 2 Dark Aqua Green
- 3 Alesan
- 4 Wicker
- 5 Brown
- 6 Tea Rose
- 7 Blossom Pink Dar
- 8 Snow White



Name: BC\_WeightLossSayings2\_5x7  
 File: BC\_WeightLossSayings2\_5x7.PES  
 Stitches: 15736 Colors: 8/8  
 Size: 4.78x6.81 " Stops: 7

- 1 Metal
- 2 Dark Aqua Green
- 3 Alesan
- 4 Wicker
- 5 Brown
- 6 Tea Rose
- 7 Blossom Pink Dar
- 8 Snow White



Name: BC\_WeightLossSayings2\_6x10  
 File: BC\_WeightLossSayings2\_6x10.PES  
 Stitches: 19796 Colors: 8/8  
 Size: 5.81x8.28 " Stops: 7

- 1 Metal
- 2 Dark Aqua Green
- 3 Alesan
- 4 Wicker
- 5 Brown
- 6 Tea Rose
- 7 Blossom Pink Dar
- 8 Snow White



Name: BC\_WeightLossSayings2\_8x8  
 File: BC\_WeightLossSayings2\_8x8.PES  
 Stitches: 18356 Colors: 8/8  
 Size: 7.77x5.45 " Stops: 7

- 1 Black
- 2 (1/2) Pink Shert
- 3 Pastel Blue
- 4 Black
- 5 (2/2) Pink Shert



Name: BC\_WeightLossSayings3\_4x4  
 File: BC\_WeightLossSayings3\_4x4.PES  
 Stitches: 8307 Colors: 4/5  
 Size: 3.83x3.61 " Stops: 4

- 1 Black
- 2 (1/2) Pink Shert
- 3 Pastel Blue
- 4 Black
- 5 (2/2) Pink Shert



Name: BC\_WeightLossSayings3\_5x7  
 File: BC\_WeightLossSayings3\_5x7.PES  
 Stitches: 11336 Colors: 4/5  
 Size: 4.81x5.09 " Stops: 4

- 1 Black
- 2 (1/2) Pink Shert
- 3 Pastel Blue
- 4 Black
- 5 (2/2) Pink Shert



Name: BC\_WeightLossSayings3\_6x10  
 File: BC\_WeightLossSayings3\_6x10.PES  
 Stitches: 14057 Colors: 4/5  
 Size: 5.81x6.15 " Stops: 4

- 1 Black
- 2 (1/2) Pink Shert
- 3 Pastel Blue
- 4 Black
- 5 (2/2) Pink Shert



Name: BC\_WeightLossSayings3\_8x8  
 File: BC\_WeightLossSayings3\_8x8.PES  
 Stitches: 19660 Colors: 4/5  
 Size: 7.76x7.33 " Stops: 4



- 1 Metal
- 2 Dark Aqua Green
- 3 Pink Sherbet



Name: BC\_WeightLossSayings4\_4x4  
File: BC\_WeightLossSayings4\_4x4.PES  
Stitches: 7875 Colors: 3/3  
Size: 3.38x3.82 " Stops: 2

- 1 Metal
- 2 Dark Aqua Green
- 3 Pink Sherbet



Name: BC\_WeightLossSayings4\_5x7  
File: BC\_WeightLossSayings4\_5x7.PES  
Stitches: 12592 Colors: 3/3  
Size: 4.81x5.43 " Stops: 2

- 1 Metal
- 2 Dark Aqua Green
- 3 Pink Sherbet



Name: BC\_WeightLossSayings4\_6x10  
File: BC\_WeightLossSayings4\_6x10.PES  
Stitches: 15655 Colors: 3/3  
Size: 5.81x6.56 " Stops: 2

- 1 Metal
- 2 Dark Aqua Green
- 3 Pink Sherbet



Name: BC\_WeightLossSayings4\_8x8  
File: BC\_WeightLossSayings4\_8x8.PES  
Stitches: 19276 Colors: 3/3  
Size: 6.86x7.76 " Stops: 2

- 1 Pink Sherbet
- 2 Dark Green
- 3 Brilliant Lime
- 4 Pastel Blue



Name: BC\_WeightLossSayings5\_4x4  
File: BC\_WeightLossSayings5\_4x4.PES  
Stitches: 8232 Colors: 4/4  
Size: 3.83x3.76 " Stops: 3

- 1 Pink Sherbet
- 2 Dark Green
- 3 Brilliant Lime
- 4 Pastel Blue



Name: BC\_WeightLossSayings5\_5x7  
File: BC\_WeightLossSayings5\_5x7.PES  
Stitches: 11613 Colors: 4/4  
Size: 4.81x4.72 " Stops: 3

- 1 Pink Sherbet
- 2 Dark Green
- 3 Brilliant Lime
- 4 Pastel Blue



Name: BC\_WeightLossSayings5\_6x10  
File: BC\_WeightLossSayings5\_6x10.PES  
Stitches: 14403 Colors: 4/4  
Size: 5.81x5.71 " Stops: 3

- 1 Pink Sherbet
- 2 Dark Green
- 3 Brilliant Lime
- 4 Pastel Blue



Name: BC\_WeightLossSayings5\_8x8  
File: BC\_WeightLossSayings5\_8x8.PES  
Stitches: 20742 Colors: 4/4  
Size: 7.76x7.63 " Stops: 3

- 1 Dark Aqua Green
- 2 Pastel Blue



Name: BC\_WeightLossSayings6\_4x4  
File: BC\_WeightLossSayings6\_4x4.PES  
Stitches: 3378 Colors: 2/2  
Size: 3.83x1.91 " Stops: 1

- 1 Dark Aqua Green
- 2 Pastel Blue



Name: BC\_WeightLossSayings6\_5x7  
File: BC\_WeightLossSayings6\_5x7.PES  
Stitches: 6948 Colors: 2/2  
Size: 3.39x6.81 " Stops: 1

- 1 Dark Aqua Green
- 2 Pastel Blue



Name: BC\_WeightLossSayings6\_6x10  
File: BC\_WeightLossSayings6\_6x10.PES  
Stitches: 12069 Colors: 2/2  
Size: 4.88x9.81 " Stops: 1

- 1 Dark Aqua Green
- 2 Pastel Blue



Name: BC\_WeightLossSayings6\_8x8  
File: BC\_WeightLossSayings6\_8x8.PES  
Stitches: 8730 Colors: 2/2  
Size: 7.77x3.87 " Stops: 1



- 1 Alesan
- 2 Tawny Birch
- 3 Tea Rose
- 4 Brown
- 5 Blossom Pink Dai
- 6 Snow White
- 7 Black
- 8 Light Blue



- 1 Alesan
- 2 Tawny Birch
- 3 Tea Rose
- 4 Brown
- 5 Blossom Pink Dai
- 6 Snow White
- 7 Black
- 8 Light Blue



- 1 Alesan
- 2 Tawny Birch
- 3 Tea Rose
- 4 Brown
- 5 Blossom Pink Dai
- 6 Snow White
- 7 Black
- 8 Light Blue



Name: BC\_WeightLossSayings7\_4x4  
 File: BC\_WeightLossSayings7\_4x4.PES  
 Stitches: 5599 Colors: 8/8  
 Size: 3.83x2.18 " Stops: 7

Name: BC\_WeightLossSayings7\_5x7  
 File: BC\_WeightLossSayings7\_5x7.PES  
 Stitches: 12623 Colors: 8/8  
 Size: 3.89x6.81 " Stops: 7

Name: BC\_WeightLossSayings7\_6x10  
 File: BC\_WeightLossSayings7\_6x10.PES  
 Stitches: 20991 Colors: 8/8  
 Size: 5.60x9.81 " Stops: 7

- 1 Alesan
- 2 Tawny Birch
- 3 Tea Rose
- 4 Brown
- 5 Blossom Pink Dai
- 6 Snow White
- 7 Black
- 8 Light Blue



- 1 Dark Aqua Green
- 2 Metal
- 3 Seafrost



- 1 Dark Aqua Green
- 2 Metal
- 3 Seafrost



Name: BC\_WeightLossSayings7\_8x8  
 File: BC\_WeightLossSayings7\_8x8.PES  
 Stitches: 15132 Colors: 8/8  
 Size: 7.77x4.44 " Stops: 7

Name: BC\_WeightLossSayings8\_5x7  
 File: BC\_WeightLossSayings8\_5x7.PES  
 Stitches: 14648 Colors: 3/3  
 Size: 4.81x6.68 " Stops: 2

Name: BC\_WeightLossSayings8\_6x10  
 File: BC\_WeightLossSayings8\_6x10.PES  
 Stitches: 20889 Colors: 3/3  
 Size: 5.81x8.07 " Stops: 2

- 1 Dark Aqua Green
- 2 Metal
- 3 Seafrost



- 1 Laurel Green
- 2 Kentucky Grass



- 1 Laurel Green
- 2 Kentucky Grass



Name: BC\_WeightLossSayings8\_8x8  
 File: BC\_WeightLossSayings8\_8x8.PES  
 Stitches: 19345 Colors: 3/3  
 Size: 7.78x5.60 " Stops: 2

Name: BC\_WeightLossSayings9\_4x4  
 File: BC\_WeightLossSayings9\_4x4.PES  
 Stitches: 6946 Colors: 2/2  
 Size: 2.76x3.84 " Stops: 1

Name: BC\_WeightLossSayings9\_5x7  
 File: BC\_WeightLossSayings9\_5x7.PES  
 Stitches: 14930 Colors: 2/2  
 Size: 4.82x6.69 " Stops: 1

- 1 Laurel Green
- 2 Kentucky Grass



- 1 Laurel Green
- 2 Kentucky Grass



Name: BC\_WeightLossSayings9\_6x10  
 File: BC\_WeightLossSayings9\_6x10.PES  
 Stitches: 18835 Colors: 2/2  
 Size: 5.81x8.07 " Stops: 1

Name: BC\_WeightLossSayings9\_8x8  
 File: BC\_WeightLossSayings9\_8x8.PES  
 Stitches: 17902 Colors: 2/2  
 Size: 5.59x7.77 " Stops: 1