Decide on the clear containers you will use and the contents you will use as a filler. Make sure they fit each other depending on how many pounds you want to lose. Small containers such as shot glasses are great for beads. Larger containers such as Mason Jars are great for pom poms, stones, ping pong balls etc.

Choose whatever tags you wish to use and print them out. Attach them to your containers. Decorate the containers however you want.

#### FILLER IDEAS

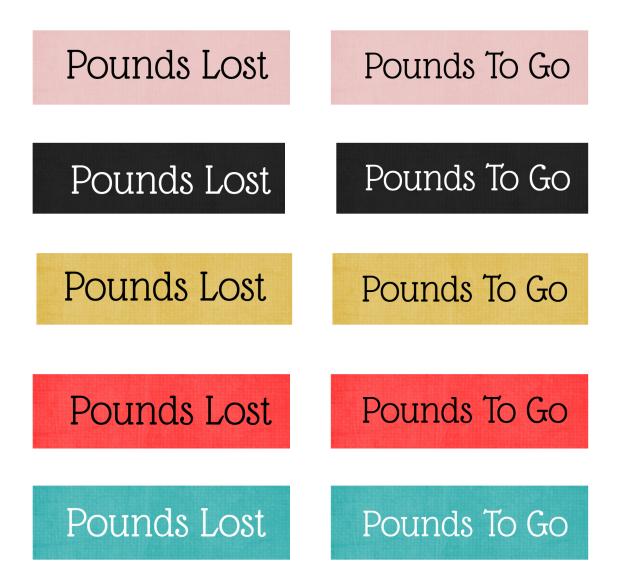
Pom Poms Ping Pong Balls Marbles Flat Marble Fillers Stones Cotton Balls Buttons Straws Artificial flowers Sand (by the scoop!) Seashells Nuts Pine cones Dry Pasta Bells

Anything you can count!

Print out the label or tag of choice. These tags are a little easier to cut out.



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Print out the label or tag of choice.



Print out the label or tag of choice.

