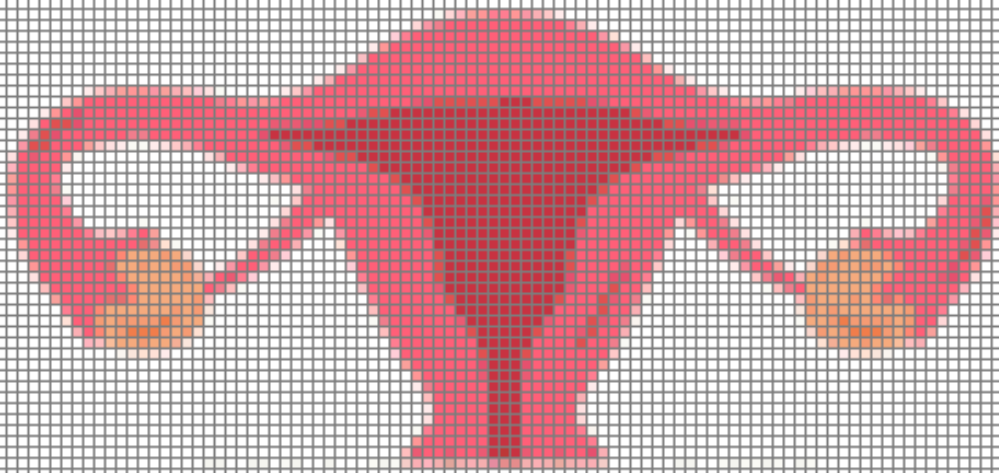
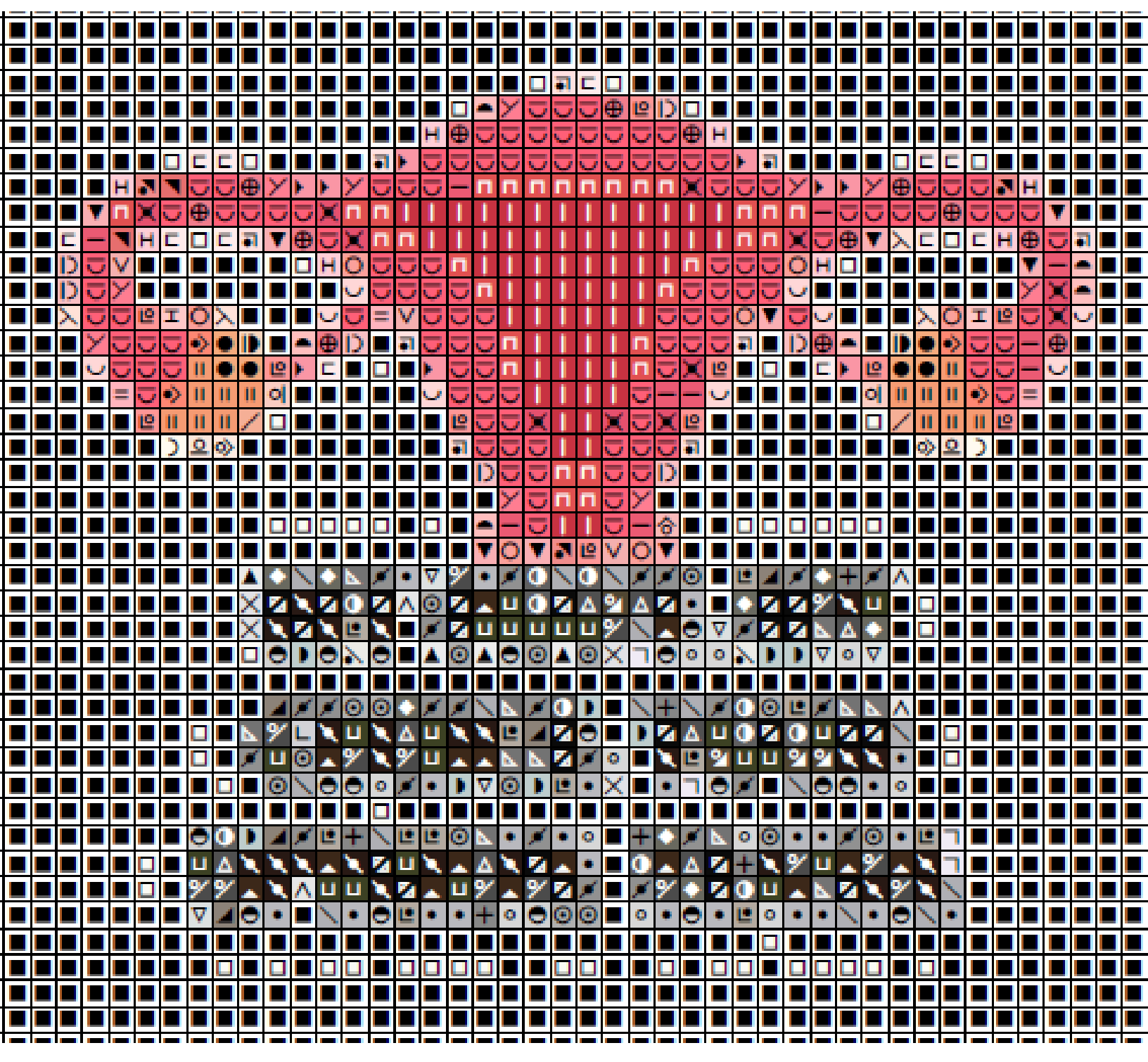


**MY BODY, MY  
CHOICE. YOUR  
OPINION, TRASH.**



MY BODY, MY  
CHOICE, YOUR  
OPTIMAL TRAIN



	Color	Skeins	Stitches	Color code	
■		3	4550	B5200	Snow White
⊗		1	4	01	White Tin
●		1	24	03	Tin Medium
∕		1	2	20	Shrimp
⊙		1	18	168	Pewter Very Light
⊠		1	25	310	Black
⊖		1	16	318	Steel Gray Light
⊕		1	10	335	Rose
◀		1	2	351	Coral
●		1	6	402	Mahogany Very Light
⊠		1	25	414	Steel Gray Dark
◆		1	8	535	Ash Gray Very Light
⊠		1	12	647	Beaver Gray Medium
∥		1	14	722	Orange Spice Light
⊕		1	2	761	Salmon Light
⊗		1	4	818	Baby Pink
⊠		1	8	844	Beaver Gray Ultra Dark
⊗		1	10	892	Carnation Medium
⊕		1	3	894	Carnation Very Light
◐		1	8	927	Gray Green Light
⊠		1	22	934	Avocado Green Black
◐		1	2	945	Tawny
⊖		1	11	956	Geranium
⊕		1	9	963	Dusty Rose Ultra Very Light
⊠		1	4	3031	Mocha Brown Very Dark
◀		1	9	3326	Rose Light
◀		1	25	3371	Black Brown
⊕		1	8	3708	Melon Light
⊕		1	9	3713	Salmon Very Light
⊕		1	2	3770	Tawny Very Light
⊗		1	11	3801	Melon Very Dark

	Color	Skeins	Stitches	Color code	
⊠		1	58	BLANC	White
◐		1	11	02	Tin
◐		1	15	04	Tin Dark
⊠		1	4	27	White Violet
⊕		1	6	169	Pewter Light
⊠		1	11	317	Pewter Gray
⊠		1	63	321	Red
⊠		1	30	350	Coral Medium
⊖		1	7	352	Coral Light
◐		1	11	413	Pewter Gray Dark
⊠		1	1	415	Pearl Gray
⊠		1	5	646	Beaver Gray Dark
◐		1	2	712	Cream
◐		1	3	760	Salmon
▲		1	4	762	Pearl Gray Very Light
◐		1	12	819	Baby Pink Light
⊖		1	118	891	Carnation Dark
▶		1	9	893	Carnation Light
⊕		1	13	899	Rose Medium
◐		1	6	928	Gray Green Very Light
▲		1	15	938	Coffee Brown Ultra Dark
◐		1	2	948	Peach Very Light
⊖		1	1	957	Geranium Pale
◐		1	2	3024	Brown Gray Very Light
▲		1	4	3072	Beaver Gray Very Light
◐		1	4	3340	Apricot Medium
◐		1	7	3689	Mauve Light
⊠		1	3	3712	Salmon Medium
◐		1	6	3716	Dusty Rose Medium Very Light
⊠		1	14	3799	Pewter Gray Very Dark
◐		1	2	3824	Apricot Light