weight loss

lost 2 pounds	Cool down stretch	ate 5 veggies	lost .4 pounds	drank 8 glasses of water
Walked a mile	lost 10 pounds	exercise 30 minutes	Dance break	lost .2 pounds
lost 1 pound	lost 5 pounds	**FREE**	Walk around the block	contacted a workout buddy
did a food diary	lost .5 pounds	drank 4 glasses of water	complimented yourself	exercise 3 days
complimented a friend	Walked .5 mile	food diary 4 days	turn in a food diary	ate 3 fruits

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weight loss

lost 5 pounds	Dance break	lost .4 pounds	Walked a mile	exercise 30 minutes
ate 5 veggies	turn in a food diary	drank 8 glasses of water	Walked .5 mile	lost .2 pounds
did a food diary	Walk around the block	**FREE**	contacted a workout buddy	Cool down stretch
complimented yourself	food diary 4 days	lost 2 pounds	ate 3 fruits	lost .5 pounds
drank 4 glasses of water	exercise 3 days	lost 1 pound	lost 10 pounds	complimented a friend

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weight loss

Walked .5 mile	food diary 4 days	Dance break	exercise 3 days	Walk around the block
lost 2 pounds	did a food diary	drank 4 glasses of water	lost 10 pounds	drank 8 glasses of water
lost 1 pound	ate 3 fruits	**FREE**	lost .5 pounds	complimented yourself
lost 5 pounds	lost .2 pounds	lost .4 pounds	turn in a food diary	ate 5 veggies
contacted a workout buddy	Cool down stretch	exercise 30 minutes	Walked a mile	complimented a friend

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