

weight loss

lost 2 pounds	Cool down stretch	ate 3 fruits	lost .4 pounds	drank 8 glasses of water
Walked .5 mile	lost 10 pounds	exercise 30 minutes	Dance break	lost .2 pounds
lost 1 pound	lost 5 pounds	FREE	Track water	complimented yourself
contacted a workout buddy	lost .5 pounds	drank 4 glasses of water	complimented a friend	exercise 60 minutes
ate 5 veggies	Walk around the block	keep food diary	turn in a food diary	Walked a mile

weight loss

lost 5 pounds	Dance break	lost .4 pounds	Walked .5 mile	exercise 30 minutes
ate 3 fruits	turn in a food diary	drank 8 glasses of water	Walk around the block	lost .2 pounds
contacted a workout buddy	Track water	FREE	complimented yourself	Cool down stretch
complimented a friend	keep food diary	lost 2 pounds	Walked a mile	lost .5 pounds
drank 4 glasses of water	exercise 60 minutes	lost 1 pound	lost 10 pounds	ate 5 veggies

weight loss

Walk around the block	keep food diary	Dance break	exercise 60 minutes	Track water
lost 2 pounds	contacted a workout buddy	drank 4 glasses of water	lost 10 pounds	drank 8 glasses of water
lost 1 pound	Walked a mile	FREE	lost .5 pounds	complimented a friend
lost 5 pounds	lost .2 pounds	lost .4 pounds	turn in a food diary	ate 3 fruits
complimented yourself	Cool down stretch	exercise 30 minutes	Walked .5 mile	ate 5 veggies