

Tops Buffalo

walked around during a commercial	added to the fruit basket	danced for 15 minutes	provided meeting program	lost .2 pounds
brought someone new to meeting	tried something new	lost 1 pound	ate 3 fruits in one day	made new recipe
set your KOPS goal	went to lunch with friends	TOPS * KOPS	ate 5 veggies in one day	exercise 3 days
food diary 4 days	sent letter to a friend	led exercise at meeting	drank 8 glasses of water	lost .4 pounds
drank 4 glasses of water	attended all meetings	lost 2 pounds	wrote 10 compliments about me	cleaned a closet

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went to lunch with friends	ate 3 fruits in one day	provided meeting program	brought someone new to meeting	lost 1 pound
danced for 15 minutes	wrote 10 compliments about me	lost .2 pounds	attended all meetings	made new recipe
food diary 4 days	ate 5 veggies in one day	TOPS * KOPS	exercise 3 days	added to the fruit basket
drank 8 glasses of water	lost 2 pounds	walked around during a commercial	cleaned a closet	sent letter to a friend
led exercise at meeting	lost .4 pounds	set your KOPS goal	tried something new	drank 4 glasses of water

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attended all meetings	lost 2 pounds	ate 3 fruits in one day	lost .4 pounds	ate 5 veggies in one day
walked around during a commercial	food diary 4 days	led exercise at meeting	tried something new	lost .2 pounds
set your KOPS goal	cleaned a closet	TOPS * KOPS	sent letter to a friend	drank 8 glasses of water
went to lunch with friends	made new recipe	provided meeting program	wrote 10 compliments about me	danced for 15 minutes
exercise 3 days	added to the fruit basket	lost 1 pound	brought someone new to meeting	drank 4 glasses of water