weight loss

lost 3 pounds	10000 steps	Log a food diary day 1	feeling lazy get up and move	ate healthy
Hold yourself accountable	lost 2 pounds	drank 64 oz of water	7 hours sleep	exercise 3 days
lost 1 pound	lost 5 pounds	**FREE**	Compliment yourself	Start over when you slip up
Take exercise selfie	log food diary 5 days	Turned down sweets	Said No to seconds	day 5 exercise
Positive Attitude	Day 1 Exercise	drank 96 oz of water	walked / elliptical	Lean on a friend

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weight loss

lost 5 pounds	7 hours sleep	feeling lazy get up and move	Hold yourself accountable	drank 64 oz of water
Log a food diary day 1	walked / elliptical	ate healthy	Day 1 Exercise	exercise 3 days
Take exercise selfie	Compliment yourself	**FREE**	Start over when you slip up	10000 steps
Said No to seconds	drank 96 oz of water	lost 3 pounds	Lean on a friend	log food diary 5 days
Turned down sweets	day 5 exercise	lost 1 pound	lost 2 pounds	Positive Attitude

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weight loss

Day 1 Exercise	drank 96 oz of water	7 hours sleep	day 5 exercise	Compliment yourself
lost 3 pounds	Take exercise selfie	Turned down sweets	lost 2 pounds	ate healthy
lost 1 pound	Lean on a friend	**FREE**	log food diary 5 days	Said No to seconds
lost 5 pounds	exercise 3 days	feeling lazy get up and move	walked / elliptical	Log a food diary day 1
Start over when you slip up	10000 steps	drank 64 oz of water	Hold yourself accountable	Positive Attitude

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