

weight loss

Turned in a food diary	Ate 3 fruits	Drank 4 glasses of water	Squat 10 times brushing teeth	Lost 3 lbs
Did Leg Day	Talked to the Trainer	Lost 5 lbs	Ate 5 veggies	Read a book
Started a food diary	Walked 2 miles	FREE	Complimented yourself	Exercised 5 days in a row
Food diary 5 days	Squat 15 times washing dishes	Lost 1 lb	Exercise 3 days in a row	Lost 5 inches
Drank 8 glasses of water	Contacted a friend	Planked for 2 minutes	Walked around during a commercial	Did a 40 min cardio work out

weight loss

Walked 2 miles	Ate 5 veggies	Squat 10 times brushing teeth	Did Leg Day	Lost 5 lbs
Drank 4 glasses of water	Walked around during a commercial	Lost 3 lbs	Contacted a friend	Read a book
Food diary 5 days	Complimented yourself	FREE	Exercised 5 days in a row	Ate 3 fruits
Exercise 3 days in a row	Planked for 2 minutes	Turned in a food diary	Did a 40 min cardio work out	Squat 15 times washing dishes
Lost 1 lb	Lost 5 inches	Started a food diary	Talked to the Trainer	Drank 8 glasses of water

weight loss

Contacted a friend	Planked for 2 minutes	Ate 5 veggies	Lost 5 inches	Complimented yourself
Turned in a food diary	Food diary 5 days	Lost 1 lb	Talked to the Trainer	Lost 3 lbs
Started a food diary	Did a 40 min cardio work out	FREE	Squat 15 times washing dishes	Exercise 3 days in a row
Walked 2 miles	Read a book	Squat 10 times brushing teeth	Walked around during a commercial	Drank 4 glasses of water
Exercised 5 days in a row	Ate 3 fruits	Lost 5 lbs	Did Leg Day	Drank 8 glasses of water