

weight loss

Try a new recipe	Alcohol free day.	Eat a red fruit	Roast vegetable	Lost at least .2 pounds
Eat 3 fruits	Try a new healthy snack.	Make your own salad dressing	Bread free day	Practice deep breathing
Track sugar for a day	Walk around during commercials x 3days.	FREE	Compliment a family member	Fruit for dessert
Have only vegetable for a snack.	Start a meal with a salad	Keep a food diary for a wk end	Forego favorite snack for a day	Lost weight
Exercise 3 days	Drink 4 glasses of water	Meatless Day	Write down your stumbling block for a day.	Eat 5 vegetables

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Eat a red fruit	Write down your stumbling block for a day.	Lost at least .2 pounds	Drink 4 glasses of water	Practice deep breathing
Have only vegetable for a snack.	Compliment a family member	FREE	Fruit for dessert	Alcohol free day.
Forego favorite snack for a day	Meatless Day	Try a new recipe	Eat 5 vegetables	Start a meal with a salad
Keep a food diary for a wk end	Lost weight	Track sugar for a day	Try a new healthy snack.	Exercise 3 days

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Track sugar for a day	Eat 5 vegetables	FREE	Start a meal with a salad	Forego favorite snack for a day
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Fruit for dessert	Alcohol free day.	Make your own salad dressing	Eat 3 fruits	Exercise 3 days