weight loss

walked 5000 steps a day	ate 3-4 fruits a day	drank 8 glasses of water	lost.4	lost 4 pounds
did a food diary	strength training	lost weight	ate 3-5 veggies a day	lost weight
pilates	walked 50000 steps a week	**FREE**	cardio training	lost .5 pounds
lost 1 pound	meal planning	lost 2 pounds	food diary 5 days	lost 6 pounds
exercise 3 days	complimented yourself	lost weight	yoga	drank 4 glasses of water

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weight loss

walked 50000 steps a week	ate 3-5 veggies a day	lost.4	did a food diary	lost weight
drank 8 glasses of water	yoga	lost 4 pounds	complimented yourself	lost weight
lost 1 pound	cardio training	**FREE**	lost .5 pounds	ate 3-4 fruits a day
food diary 5 days	lost weight	walked 5000 steps a day	drank 4 glasses of water	meal planning
lost 2 pounds	lost 6 pounds	pilates	strength training	exercise 3 days

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weight loss

complimented yourself	lost weight	ate 3-5 veggies a day	lost 6 pounds	cardio training
walked 5000 steps a day	lost 1 pound	lost 2 pounds	strength training	lost 4 pounds
pilates	drank 4 glasses of water	**FREE**	meal planning	food diary 5 days
walked 50000 steps a week	lost weight	lost.4	yoga	drank 8 glasses of water
lost .5 pounds	ate 3-4 fruits a day	lost weight	did a food diary	exercise 3 days

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