weight loss

turtled this wk	ate chicken this wk	excercised twice this wk	read food labels	lost wgt last wk
drink water for supper	took stairs for 1 day	no fast food this wk	ate salad this wk	no snacks after supper
stayed for meeting	use portion control	**FREE**	call Tops pal	gained this week
gained this wk	skip seconds	lost tonight	food journal	no cookie tonight
exercise during commercials	drank 6-8 glasses water	no gains for past 3 wks	won quarters this year	ever been best loser

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weight loss

use portion control	ate salad this wk	read food labels	drink water for supper	no fast food this wk
excercised twice this wk	won quarters this year	lost wgt last wk	drank 6-8 glasses water	no snacks after supper
gained this wk	call Tops pal	**FREE**	gained this week	ate chicken this wk
food journal	no gains for past 3 wks	turtled this wk	ever been best loser	skip seconds
lost tonight	no cookie tonight	stayed for meeting	took stairs for 1 day	exercise during commercials

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weight loss

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