

weight loss

lost weight	Gained Weight	Snack on Veggie's	drank 4 glasses of water	ate 3 fruits
Officers	exercise 30 minutes	complimented yourself	Goal	did a food diary
exercise 3 days	stayed for entire meeting	FREE	Keep track of Calories	Walked during commercial
Watched Carb Intake	drank 8 glasses of water	Went Swimming	Took Dog for a walk	ate 5 veggies
TOPS	Marched in place while cooking	contacted a friend	turned in a food diary	Sleep In

weight loss

stayed for entire meeting	Goal	drank 4 glasses of water	Officers	complimented yourself
Snack on Veggie's	turned in a food diary	ate 3 fruits	Marched in place while cooking	did a food diary
Watched Carb Intake	Keep track of Calories	FREE	Walked during commercial	Gained Weight
Took Dog for a walk	contacted a friend	lost weight	Sleep In	drank 8 glasses of water
Went Swimming	ate 5 veggies	exercise 3 days	exercise 30 minutes	TOPS

weight loss

Marched in place while cooking	contacted a friend	Goal	ate 5 veggies	Keep track of Calories
lost weight	Watched Carb Intake	Went Swimming	exercise 30 minutes	ate 3 fruits
exercise 3 days	Sleep In	FREE	drank 8 glasses of water	Took Dog for a walk
stayed for entire meeting	did a food diary	drank 4 glasses of water	turned in a food diary	Snack on Veggie's
Walked during commercial	Gained Weight	complimented yourself	Officers	TOPS