Try a new recipe	Alcohol free day	Do a good deed	Roast Vegetable	Make an infused water
Compliment a stranger	Sugar free day	No complaining for a day	Ate 2 fruits	Practice deep breathing x3 days
Stayed for a meeting	Walked around during a commercial entire show	**FREE**	Ate 5 veggies	Exercise your brain x 3 days
Food diary x 2 days	Start a meal with a salad	Have Beans or lentils for a meal	Exercise 3 days	Meat free day
Drank 4 glasses of water	Bread free day	No weight gain	Water only day	Compliment yourself

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Walked around during a commercial entire show	Ate 2 fruits	Roast Vegetable	Compliment a stranger	No complaining for a day
Do a good deed	Water only day	Make an infused water	Bread free day	Practice deep breathing x3 days
Food diary x 2 days	Ate 5 veggies	**FREE**	Exercise your brain x 3 days	Alcohol free day
Exercise 3 days	No weight gain	Try a new recipe	Compliment yourself	Start a meal with a salad
Have Beans or lentils for a meal	Meat free day	Stayed for a meeting	Sugar free day	Drank 4 glasses of water

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Bread free day	No weight gain	Ate 2 fruits	Meat free day	Ate 5 veggies
Try a new recipe	Food diary x 2 days	Have Beans or lentils for a meal	Sugar free day	Make an infused water
Stayed for a meeting	Compliment yourself	**FREE**	Start a meal with a salad	Exercise 3 days
Walked around during a commercial entire show	Practice deep breathing x3 days	Roast Vegetable	Water only day	Do a good deed
Exercise your brain x 3 days	Alcohol free day	No complaining for a day	Compliment a stranger	Drank 4 glasses of water

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