

T	O	P	'	S
TURTLE	30 MINUTES OF ADDED MOVEMENT THIS WEEK	HAVE A SODA (OR ADDED SUGAR) FREE WEEK	SAY 1 NICE THING ABOUT YOURSELF IN A MIRROR 5 DAYS THIS WEEK	MADE A NEW RECIPE THIS WEEK - SHARE WITH GROUP
ENJOYED SOME FRESH AIR	TRIED A NEW EXERCISE - SHARE OR DEMONSTRATE AT MEETING	MORE THAN 1lb LOSS	64oz WATER 5 OF 7 DAYS	PAUSE BEFORE HAVING A SECOND HELPING
SLOW OR FAST - GO FOR A WALK	USED PORTION SIZING TOOLS	FREE	ATTENDED 3 MEETINGS IN ROW	LESS THAN 0.5lb LOSS
LESS THAN 1lb LOSS	SEND ENCOURAGEMENT TO YOUR GROUP	LOGGED MEALS ALL WEEK	IT'S BEEN A HARD WEEK - BUT I STILL GOT THIS!	MORE THAN 0.5lb LOSS
I LOST!	CLEAR YOUR MIND - MEDITATE FOR 5 MINUTES THIS WEEK	NO EATING OUT FOR 5 DAYS IN A ROW	WEIGHT LOSS STREAK! (3 WEEKS IN A ROW)	GAIN ... BUT KEPT A POSITIVE ATTITUDE!

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USED PORTION SIZING TOOLS	64oz WATER 5 OF 7 DAYS	SAY 1 NICE THING ABOUT YOURSELF IN A MIRROR 5 DAYS THIS WEEK	ENJOYED SOME FRESH AIR	MORE THAN 1lb LOSS
HAVE A SODA (OR ADDED SUGAR) FREE WEEK	WEIGHT LOSS STREAK! (3 WEEKS IN A ROW)	MADE A NEW RECIPE THIS WEEK - SHARE WITH GROUP	CLEAR YOUR MIND - MEIDTATE FOR 5 MINUTES THIS WEEK	PAUSE BEFORE HAVING A SECOND HELPING
LESS THAN 1lb LOSS	ATTENDED 3 MEETINGS IN ROW	FREE	LESS THAN 0.5lb LOSS	30 MINUTES OF ADDED MOVEMENT THIS WEEK
IT'S BEEN A HARD WEEK - BUT I STILL GOT THIS!	NO EATING OUT FOR 5 DAYS IN A ROW	TURTLE	GAIN ... BUT KEPT A POSITIVE ATTITUDE!	SEND ENCOURAGEMENT TO YOUR GROUP
LOGGED MEALS ALL WEEK	MORE THAN 0.5lb LOSS	SLOW OR FAST - GO FOR A WALK	TRIED A NEW EXCERCISE - SHARE OR DEMONSTRATE AT MEETING	I LOST!

T	O	P	'	S
CLEAR YOUR MIND - MEIDTATE FOR 5 MINUTES THIS WEEK	NO EATING OUT FOR 5 DAYS IN A ROW	64oz WATER 5 OF 7 DAYS	MORE THAN 0.5lb LOSS	ATTENDED 3 MEETINGS IN ROW
TURTLE	LESS THAN 1lb LOSS	LOGGED MEALS ALL WEEK	TRIED A NEW EXCERCISE - SHARE OR DEMONSTRATE AT MEETING	MADE A NEW RECIPE THIS WEEK - SHARE WITH GROUP
SLOW OR FAST - GO FOR A WALK	GAIN ... BUT KEPT A POSITIVE ATTITUDE!	FREE	SEND ENCOURAGEMENT TO YOUR GROUP	IT'S BEEN A HARD WEEK - BUT I STILL GOT THIS!
USED PORTION SIZING TOOLS	PAUSE BEFORE HAVING A SECOND HELPING	SAY 1 NICE THING ABOUT YOURSELF IN A MIRROR 5 DAYS THIS WEEK	WEIGHT LOSS STREAK! (3 WEEKS IN A ROW)	HAVE A SODA (OR ADDED SUGAR) FREE WEEK
LESS THAN 0.5lb LOSS	30 MINUTES OF ADDED MOVEMENT THIS WEEK	MORE THAN 1lb LOSS	ENJOYED SOME FRESH AIR	I LOST!