weight loss

Take a neighborhood walk x 5	2 or more fruits x 3days	Do 3 daily monthly inspirations	Roast veg. x 3	Modify recipe to be low calorie x3
Bread free x 3 days	Sugar free x 3 days	No fast food for the week	5 daily veg. serving of 3 colors x5	No soft drink or tea x 3
Sugar Free x 3 days	Trade one drink with water x 5 days	**FREE**	Alcohol free x 3	Eat out eat half x week
Exercise 15 to 30 min x 3 not walking	Start a meal with a salad x 4.	Food journal x 5	Eat 6 fruits and veg x 5 week.	Move your body to music x 3
Drink a glass of water upon waking up x 3	Be active every hour x3 days	No snacks x 3	Write goals for 2 months	Create balance plate x 3

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