

weight loss

lost 3 pounds	attended both meetings this week	No meats	lost .2 pounds	did a food diary
Intermittent fasting	lost 2 pounds	drank 8 glasses of water	10000 steps	food diary 3 days
lost 1 pound	stayed for entire meeting	FREE	7500 steps	ate 3 fruits
ate 5 veggies	lost .4 pounds	commented on someone's post	Worked out at the gym	drank 4 glasses of water
Posted in the Fab group using hashtag	Drank 4 bottles of water	exercise 3 days in a row	walked around during a commercial	Meal Prep

weight loss

stayed for entire meeting	10000 steps	lost .2 pounds	Intermittent fasting	drank 8 glasses of water
No meats	walked around during a commercial	did a food diary	Drank 4 bottles of water	food diary 3 days
ate 5 veggies	7500 steps	FREE	ate 3 fruits	attended both meetings this week
Worked out at the gym	exercise 3 days in a row	lost 3 pounds	Meal Prep	lost .4 pounds
commented on someone's post	drank 4 glasses of water	lost 1 pound	lost 2 pounds	Posted in the Fab group using hashtag

weight loss

Drank 4 bottles of water	exercise 3 days in a row	10000 steps	drank 4 glasses of water	7500 steps
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lost 1 pound	Meal Prep	FREE	lost .4 pounds	Worked out at the gym
stayed for entire meeting	food diary 3 days	lost .2 pounds	walked around during a commercial	No meats
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