

weight loss

lost .3 pounds	10 000 steps 5 days (1wk)	Any Yoga (45min)	Send meals for 3days to Coach (wk)	Re-Weigh with Coach (=>2wks)
5days with group(wk)	lost .2 pounds	SBM Boot Camp	20 000 steps 1 day	SBM boot camp
exercise 7 days	lost .4 pounds	That Good Stuff	2workouts in 1 dayxs 2 Days (wk)	Drank 1 gallon of water
Drank 1 gallon of water (day)	Weigh with Coach (1st wk)	Drank 1 gallon of water (day)	Bring a Friend (any workout)	SBM Boot Camp
Any cardio outside(45min)	2workouts in 1 dayxs 2 Days (wk)	SBM Boot camp	lost 1 pound	Any Cycling (45min)

weight loss

lost .4 pounds	20 000 steps 1 day	Send meals for 3days to Coach (wk)	5days with group(wk)	SBM Boot Camp
Any Yoga (45min)	lost 1 pound	Re-Weigh with Coach (=>2wks)	2workouts in 1 dayxs 2 Days (wk)	SBM boot camp
Drank 1 gallon of water (day)	2workouts in 1 dayxs 2 Days (wk)	That Good Stuff	Drank 1 gallon of water	10 000 steps 5 days (1wk)
Bring a Friend (any workout)	SBM Boot camp	lost .3 pounds	Any Cycling (45min)	Weigh with Coach (1st wk)
Drank 1 gallon of water (day)	SBM Boot Camp	exercise 7 days	lost .2 pounds	Any cardio outside(45min)

weight loss

2workouts in 1 dayxs 2 Days (wk)	SBM Boot camp	20 000 steps 1 day	SBM Boot Camp	2workouts in 1 dayxs 2 Days (wk)
lost .3 pounds	Drank 1 gallon of water (day)	Drank 1 gallon of water (day)	lost .2 pounds	Re-Weigh with Coach (=>2wks)
exercise 7 days	Any Cycling (45min)	That Good Stuff	Weigh with Coach (1st wk)	Bring a Friend (any workout)
lost .4 pounds	SBM boot camp	Send meals for 3days to Coach (wk)	lost 1 pound	Any Yoga (45min)
Drank 1 gallon of water	10 000 steps 5 days (1wk)	SBM Boot Camp	5days with group(wk)	Any cardio outside(45min)