

weight loss

walk 15k steps in a day	Bought a new workout fit	complimented yourself	lost 2 lbs	filled my tumblr 3x w/water
ate a salad for dinner	tried A new exercise	go to gym 2 days in a row	Took body measurements	lost 10 lbs
take a 1hr walk	walked 6 laps at park	FREE	ate 1 fruit	drank 6 glasses of water
exercise 3 days in a row	lost 5 lbs	fast for 16hrs	drank 4 glasses of water	go for a 2 hr walk
do a weekend cleanse	ate 3 veggies	lost 1 pound	walked the dogs for 20 mins	buy new walking shoes

weight loss

walked 6 laps at park	Took body measurements	lost 2 lbs	ate a salad for dinner	go to gym 2 days in a row
complimented yourself	walked the dogs for 20 mins	filled my tumblr 3x w/water	ate 3 veggies	lost 10 lbs
exercise 3 days in a row	ate 1 fruit	FREE	drank 6 glasses of water	Bought a new workout fit
drank 4 glasses of water	lost 1 pound	walk 15k steps in a day	buy new walking shoes	lost 5 lbs
fast for 16hrs	go for a 2 hr walk	take a 1hr walk	tried A new exercise	do a weekend cleanse

weight loss

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take a 1hr walk	buy new walking shoes	FREE	lost 5 lbs	drank 4 glasses of water
walked 6 laps at park	lost 10 lbs	lost 2 lbs	walked the dogs for 20 mins	complimented yourself
drank 6 glasses of water	Bought a new workout fit	go to gym 2 days in a row	ate a salad for dinner	do a weekend cleanse