

weight loss

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

weight loss

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

weight loss

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