

tried a new grocery store	Make one habit change	exercise 3 days	sign up for a contest	lost weight
contacted a family member	tried a new activity	lost weight	ate 3 fruits	organize a room
stayed for entire meeting	tried a new recipe	FREE	ate 5 veggies	food diary 4 days
go for a walk	sign up for a program	identify 3 specific habits to change	food diary 3 days	lost weight
exercise 4 days	complimented yourself	organize a closet or dresser	walked around during a commercial	contacted a friend

tried a new recipe	ate 3 fruits	sign up for a contest	contacted a family member	lost weight
exercise 3 days	walked around during a commercial	lost weight	complimented yourself	organize a room
go for a walk	ate 5 veggies	FREE	food diary 4 days	Make one habit change
food diary 3 days	organize a closet or dresser	tried a new grocery store	contacted a friend	sign up for a program
identify 3 specific habits to change	lost weight	stayed for entire meeting	tried a new activity	exercise 4 days

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stayed for entire meeting	contacted a friend	FREE	sign up for a program	food diary 3 days
tried a new recipe	organize a room	sign up for a contest	walked around during a commercial	exercise 3 days
food diary 4 days	Make one habit change	lost weight	contacted a family member	exercise 4 days