weight loss

turtled this wk	Was call Tops pal	excercised twice this wk	read food labels	lost wgt last wk
drink water for supper	took stairs for 1 day	no fast food this wk	ate chicken this wk	no snacks after supper
stayed for meeting	use portion control	**FREE**	ate salad this wk	gained this week
gained this wk	skip seconds	lost tonight	food journal	no cookie tonight
exercise during commercials	drank 6-8 glasses water	no gains for past 3 wks	won quarters this year	ever been best loser

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weight loss

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excercised twice this wk	won quarters this year	lost wgt last wk	drank 6-8 glasses water	no snacks after supper
gained this wk	ate salad this wk	**FREE**	gained this week	Was call Tops pal
food journal	no gains for past 3 wks	turtled this wk	ever been best loser	skip seconds
lost tonight	no cookie tonight	stayed for meeting	took stairs for 1 day	exercise during commercials

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weight loss

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