

weight loss

drank 8 glasses of water a day	25000 steps a week	Exercised 3 days	Walked with a friend	Me time
Did exercise out of the jar	did a food diary	Read nutrition label	5000 steps in a day	Tried a new healthy recipe
ate 5 veggies	exercise 3 days	FREE	7500 steps a day	Exercised outside
Exercised with a friend	ate 3 fruits	Me time	Exercised for 30 minutes	Participated in group chat
Exercised for 15 minutes	Completed homework assignment	Sent healthy recipe to group chat	exercise for 10 minutes	Did exercise out the jar

weight loss

exercise 3 days	5000 steps in a day	Walked with a friend	Did exercise out of the jar	Read nutrition label
Exercised 3 days	exercise for 10 minutes	Me time	Completed homework assignment	Tried a new healthy recipe
Exercised with a friend	7500 steps a day	FREE	Exercised outside	25000 steps a week
Exercised for 30 minutes	Sent healthy recipe to group chat	drank 8 glasses of water a day	Did exercise out the jar	ate 3 fruits
Me time	Participated in group chat	ate 5 veggies	did a food diary	Exercised for 15 minutes

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Completed homework assignment	Sent healthy recipe to group chat	5000 steps in a day	Participated in group chat	7500 steps a day
drank 8 glasses of water a day	Exercised with a friend	Me time	did a food diary	Me time
ate 5 veggies	Did exercise out the jar	FREE	ate 3 fruits	Exercised for 30 minutes
exercise 3 days	Tried a new healthy recipe	Walked with a friend	exercise for 10 minutes	Exercised 3 days
Exercised outside	25000 steps a week	Read nutrition label	Did exercise out of the jar	Exercised for 15 minutes