

weight loss

Walked with a friend	Ate on plan 4 days	Eat a salad	Tried a new exercise	No bread for a day
Didn't overindulge during Thanksgiving	Walked with a friend	No takeout	Did an exercise out of the jar	Read an encouraging book/blog
Walked 30 minutes	Worked out for 60 minutes	FREE	Did an exercise out of the jar	Happy Thanksgiving
Listened to an encouraging podcast	Tried a new healthy recipe	Lost weight previous week	Exercised 3 days	No sweets 3 days
Exercised 15 minutes	Did an exercise out of the jar	Read a nutrition label	drank 8 glasses of water	Drank half my body weight in water 3 days

weight loss

Worked out for 60 minutes	Did an exercise out of the jar	Tried a new exercise	Didn't overindulge during Thanksgiving	No takeout
Eat a salad	drank 8 glasses of water	No bread for a day	Did an exercise out of the jar	Read an encouraging book/blog
Listened to an encouraging podcast	Did an exercise out of the jar	FREE	Happy Thanksgiving	Ate on plan 4 days
Exercised 3 days	Read a nutrition label	Walked with a friend	Drank half my body weight in water 3 days	Tried a new healthy recipe
Lost weight previous week	No sweets 3 days	Walked 30 minutes	Walked with a friend	Exercised 15 minutes

weight loss

Did an exercise out of the jar	Read a nutrition label	Did an exercise out of the jar	No sweets 3 days	Did an exercise out of the jar
Walked with a friend	Listened to an encouraging podcast	Lost weight previous week	Walked with a friend	No bread for a day
Walked 30 minutes	Drank half my body weight in water 3 days	FREE	Tried a new healthy recipe	Exercised 3 days
Worked out for 60 minutes	Read an encouraging book/blog	Tried a new exercise	drank 8 glasses of water	Eat a salad
Happy Thanksgiving	Ate on plan 4 days	No takeout	Didn't overindulge during Thanksgiving	Exercised 15 minutes