

weight loss

turned in a food diary	Counted calories	drank 4 glasses of water	lost weight	lost .4 kg
ate 5 veggies	stayed for meeting 4 weeks	lost weight	Non scale Victory	stayed for entire meeting
walked around during a commercial	Walked 30 mins	FREE	exercise 3 days	food diary 4 days
set mini goal for month	lost .2 kg	lost weight	drank 8 glasses of water	lost 1 kg
ate 3 fruits	lost.4	complimented yourself	worked out a mantra and used it	did a food diary

weight loss

walked around during a commercial	worked out a mantra and used it	Non scale Victory	lost .2 kg	ate 5 veggies
lost weight	food diary 4 days	drank 4 glasses of water	lost 1 kg	Walked 30 mins
exercise 3 days	Counted calories	FREE	drank 8 glasses of water	lost weight
did a food diary	turned in a food diary	complimented yourself	set mini goal for month	ate 3 fruits
lost .4 kg	exercise	stayed for entire meeting	lost weight	stayed for meeting 4 weeks

weight loss

set mini goal for month	drank 8 glasses of water	walked around during a commercial	did a food diary	lost weight
lost.4	stayed for entire meeting	worked out a mantra and used it	lost .2 kg	Walked 30 mins
lost weight	Non scale Victory	FREE	exercise 3 days	drank 4 glasses of water
exercise	lost .4 kg	ate 3 fruits	Counted calories	turned in a food diary
stayed for meeting 4 weeks	lost weight	food diary 4 days	lost 1 kg	complimented yourself