

weight loss

contacted a friend	did a food diary	food diary 4 days	lost weight	walked around during a commercial
complimented yourself	exercise 3 days	lost .4 pounds	lost 2 pounds	stayed for a meeting
ate 3 fruits	exercise	FREE	lost.4	TOPS of the week
contacted a friend	drank 8 glasses of water	lost 1 pound	lost weight	turned in a food diary
ate 5 veggies	drank 4 glasses of water	lost .2 pounds	lost weight	stayed for entire meeting

weight loss

ate 5 veggies	exercise 3 days	lost .4 pounds	lost.4	walked around during a commercial
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complimented yourself	drank 4 glasses of water	lost .4 pounds	lost.4	stayed for a meeting