

weight loss

lost.4	Lifted weights for 20 reps	contacted a friend to workout	lost 2 pounds	food diary 4 days
complimented yourself	lost weight	lost .2 pounds	Ran a mile	lost 1 pound
lost weight	turned in a food diary	Selfie while working out	ate 3 fruits	drank 8 glasses of water
exercise 1 day	lost weight	exercise 3 days	drank 4 glasses of water	lost .2 pounds
did a food diary	ate 5 veggies	lost .4 pounds	walked around during a commercial	contacted a friend to hike

weight loss

turned in a food diary	Ran a mile	lost 2 pounds	complimented yourself	lost .2 pounds
contacted a friend to workout	walked around during a commercial	food diary 4 days	ate 5 veggies	lost 1 pound
exercise 1 day	ate 3 fruits	Selfie while working out	drank 8 glasses of water	Lifted weights for 20 reps
drank 4 glasses of water	lost .4 pounds	lost.4	contacted a friend to hike	lost weight
exercise 3 days	lost .2 pounds	lost weight	lost weight	did a food diary

weight loss

ate 5 veggies	lost .4 pounds	Ran a mile	lost .2 pounds	ate 3 fruits
lost.4	exercise 1 day	exercise 3 days	lost weight	food diary 4 days
lost weight	contacted a friend to hike	Selfie while working out	lost weight	drank 4 glasses of water
turned in a food diary	lost 1 pound	lost 2 pounds	walked around during a commercial	contacted a friend to workout
drank 8 glasses of water	Lifted weights for 20 reps	lost .2 pounds	complimented yourself	did a food diary