

weight loss

lost 4 pounds	Biked 30 minutes	complimented yourself	lost 0.8 pounds	exercise 1 day
ate 3 fruits	lost 3 pounds	food diary 4 days	Lifted weights for 20 reps	lost 0.5 pounds
lost 2 pounds	turned in a food diary to ur buddy	Selfie while working out	Ran a mile	did a food diary
drank 4 glasses of water	lost 1 pound	drank 8 glasses of water	contacted a friend to workout	exercise 3 days
contacted a friend to hike	Workout session for 2 hours	lost 0.2 pounds	walked around during a commercial	ate 5 veggies

weight loss

turned in a food diary to ur buddy	Lifted weights for 20 reps	lost 0.8 pounds	ate 3 fruits	food diary 4 days
complimented yourself	walked around during a commercial	exercise 1 day	Workout session for 2 hours	lost 0.5 pounds
drank 4 glasses of water	Ran a mile	Selfie while working out	did a food diary	Biked 30 minutes
contacted a friend to workout	lost 0.2 pounds	lost 4 pounds	ate 5 veggies	lost 1 pound
drank 8 glasses of water	exercise 3 days	lost 2 pounds	lost 3 pounds	contacted a friend to hike

weight loss

Workout session for 2 hours	lost 0.2 pounds	Lifted weights for 20 reps	exercise 3 days	Ran a mile
lost 4 pounds	drank 4 glasses of water	drank 8 glasses of water	lost 3 pounds	exercise 1 day
lost 2 pounds	ate 5 veggies	Selfie while working out	lost 1 pound	contacted a friend to workout
turned in a food diary to ur buddy	lost 0.5 pounds	lost 0.8 pounds	walked around during a commercial	complimented yourself
did a food diary	Biked 30 minutes	food diary 4 days	ate 3 fruits	contacted a friend to hike