

weight loss

walked 15 minutes 3 days a week	ate 3 fruits 3 days a week	drank recommended amount of water	packed a lunch	lost 4 pounds
conducted a TOPS program	stayed for a meeting	meditated 5 minutes 3 days a week	ate 40 grams of protein in a day	no sugar for an entire day
practiced deep breathing 10 mins	walked in place during commercial	FREE	ate 5 veggies 3 days a week	lost 1 pound
lost 2 pounds	performed intermittent fasting	lost 3 pounds	logged a food diary for a week	lost weight
got 8 hours of sleep	complimented yourself	no soda or diet soda for a day	walked in place during phone call	contacted a TOPS pal

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lost 2 pounds	ate 5 veggies 3 days a week	FREE	lost 1 pound	ate 3 fruits 3 days a week
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lost 3 pounds	lost weight	practiced deep breathing 10 mins	stayed for a meeting	got 8 hours of sleep

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practiced deep breathing 10 mins	contacted a TOPS pal	FREE	performed intermittent fasting	logged a food diary for a week
walked in place during commercial	no sugar for an entire day	packed a lunch	walked in place during phone call	drank recommended amount of water
lost 1 pound	ate 3 fruits 3 days a week	meditated 5 minutes 3 days a week	conducted a TOPS program	got 8 hours of sleep