

weight loss

lost 2 pounds	1 hour workout	Do 25 push ups	exercise for 3 days	Take a walk during lunch
Avoid fast food for 3 days straight	lost 1 pound	Walk 10k steps	30min workout	did a food diary
food diary for 1 week	lost 4 pounds	FREE	Avoid all sugars for one day	Eat 3 fruits
Eat 5 veggies	exercise for 7 days straight	Jump rope for 3 mins	Drink 8 glasses of water	Tried a new healthy recipe
Drink 4 glasses of water	Avoid eating after 7pm	Walk 2 miles	walk around during a commercial	Avoid processed foods for one day

weight loss

lost 4 pounds	30min workout	exercise for 3 days	Avoid fast food for 3 days straight	Walk 10k steps
Do 25 push ups	walk around during a commercial	Take a walk during lunch	Avoid eating after 7pm	did a food diary
Eat 5 veggies	Avoid all sugars for one day	FREE	Eat 3 fruits	1 hour workout
Drink 8 glasses of water	Walk 2 miles	lost 2 pounds	Avoid processed foods for one day	exercise for 7 days straight
Jump rope for 3 mins	Tried a new healthy recipe	food diary for 1 week	lost 1 pound	Drink 4 glasses of water

weight loss

Avoid eating after 7pm	Walk 2 miles	30min workout	Tried a new healthy recipe	Avoid all sugars for one day
lost 2 pounds	Eat 5 veggies	Jump rope for 3 mins	lost 1 pound	Take a walk during lunch
food diary for 1 week	Avoid processed foods for one day	FREE	exercise for 7 days straight	Drink 8 glasses of water
lost 4 pounds	did a food diary	exercise for 3 days	walk around during a commercial	Do 25 push ups
Eat 3 fruits	1 hour workout	Walk 10k steps	Avoid fast food for 3 days straight	Drink 4 glasses of water