

weight loss

stayed the same this wk	ate chicken this wk	ever been best loser	no snacks after supper	lost wgt last wk
drank 4 glasses water	stayed for the meeting	no fast food this wk	ate salad this wk	no gains for past 3 wks
skip seconds	took stairs for 1 day	FREE	call a Tops pal	gained this week
gained this wk	read food labels	lost tonight	exercised twice this wk	no dessert last night
exercise during commercials	did a food journal	no gain after holiday	use portion control	drank water for supper

weight loss

took stairs for 1 day	ate salad this wk	no snacks after supper	drank 4 glasses water	no fast food this wk
ever been best loser	use portion control	lost wgt last wk	did a food journal	no gains for past 3 wks
gained this wk	call a Tops pal	FREE	gained this week	ate chicken this wk
exercised twice this wk	no gain after holiday	stayed the same this wk	drank water for supper	read food labels
lost tonight	no dessert last night	skip seconds	stayed for the meeting	exercise during commercials

weight loss

did a food journal	no gain after holiday	ate salad this wk	no dessert last night	call a Tops pal
stayed the same this wk	gained this wk	lost tonight	stayed for the meeting	lost wgt last wk
skip seconds	drank water for supper	FREE	read food labels	exercised twice this wk
took stairs for 1 day	no gains for past 3 wks	no snacks after supper	use portion control	ever been best loser
gained this week	ate chicken this wk	no fast food this wk	drank 4 glasses water	exercise during commercials