

weight loss

turned in a food diary	ate 3 fruits	drank 4 glasses of water	lost weight	lost .2
contacted a friend	stayed for a meeting	lost .4 pounds	ate 5 veggies	lost 2 pounds
parked away from the store	walked around during a commercial	TOPS Free Space	call or text a friend	exercise 3 days
exercise 5 days	lost.4	food diary 4 days	exercise	lost .2 pounds
drank 8 glasses of water	complimented yourself	lost 1 pound	walked up stairs instead of elevator	did a food diary

weight loss

walked around during a commercial	ate 5 veggies	lost weight	contacted a friend	lost .4 pounds
drank 4 glasses of water	walked up stairs instead of elevator	lost .2	complimented yourself	lost 2 pounds
exercise 5 days	call or text a friend	TOPS Free Space	exercise 3 days	ate 3 fruits
exercise	lost 1 pound	turned in a food diary	did a food diary	lost.4
food diary 4 days	lost .2 pounds	parked away from the store	stayed for a meeting	drank 8 glasses of water

weight loss

complimented yourself	lost 1 pound	ate 5 veggies	lost .2 pounds	call or text a friend
turned in a food diary	exercise 5 days	food diary 4 days	stayed for a meeting	lost .2
parked away from the store	did a food diary	TOPS Free Space	lost.4	exercise
walked around during a commercial	lost 2 pounds	lost weight	walked up stairs instead of elevator	drank 4 glasses of water
exercise 3 days	ate 3 fruits	lost .4 pounds	contacted a friend	drank 8 glasses of water