

weight loss

turned in a food diary	ate 10 servings fruit & veggies	did 100 sit-ups	lost weight	food diary 4 days
cooked cauliflower 'fried rice'	turned in a food diary	lost .4 pounds	ate 3 fruits	lost 2 pounds
lost weight	weighed myself	FREE	ate 5 veggies	drank 8 glasses of water
exercise 3 days	lost weight	food diary 2 days	drank 4 glasses of water	lost .2 pounds
did a food diary	complimented myself	lost 1 pound	weighed myself 3 days	cooked zucchini noodles

weight loss

weighed myself	ate 3 fruits	lost weight	cooked cauliflower 'fried rice'	lost .4 pounds
did 100 sit-ups	weighed myself 3 days	food diary 4 days	complimented myself	lost 2 pounds
exercise 3 days	ate 5 veggies	FREE	drank 8 glasses of water	ate 10 servings fruit & veggies
drank 4 glasses of water	lost 1 pound	turned in a food diary	cooked zucchini noodles	lost weight
food diary 2 days	lost .2 pounds	lost weight	turned in a food diary	did a food diary

weight loss

complimented myself	lost 1 pound	ate 3 fruits	lost .2 pounds	ate 5 veggies
turned in a food diary	exercise 3 days	food diary 2 days	turned in a food diary	food diary 4 days
lost weight	cooked zucchini noodles	FREE	lost weight	drank 4 glasses of water
weighed myself	lost 2 pounds	lost weight	weighed myself 3 days	did 100 sit-ups
drank 8 glasses of water	ate 10 servings fruit & veggies	lost .4 pounds	cooked cauliflower 'fried rice'	did a food diary