

Fuck This Weight

texted a friend a motivation message	ate 3 fruits	did 20 jumping jacks	lost 5 pounds	drank 48oz of water
contacted a friend and told of weight loss accomplishments	shared your food diary with a friend	drank 48oz of water	ate 5 veggies	lost 1 pound
recorded water drank all week	walked around during a all commercial	Lost 10 Pounds	ate 5 veggies	did 5000 steps
did 5000 steps	recorded water drank	did a food diary	did 20 sit ups	drank 48oz of water
did 20 push ups	complimented yourself in the mirror	food diary all week	weighed in Every Friday and Recorded	did 10000 steps

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did 5000 steps	ate 5 veggies	Lost 10 Pounds	did 5000 steps	ate 3 fruits
did 20 sit ups	food diary all week	texted a friend a motivation message	did 10000 steps	recorded water drank
did a food diary	drank 48oz of water	recorded water drank all week	shared your food diary with a friend	did 20 push ups

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complimented yourself in the mirror	food diary all week	ate 5 veggies	drank 48oz of water	ate 5 veggies
texted a friend a motivation message	did 5000 steps	did a food diary	shared your food diary with a friend	drank 48oz of water
recorded water drank all week	did 10000 steps	Lost 10 Pounds	recorded water drank	did 20 sit ups
walked around during a all commercial	lost 1 pound	lost 5 pounds	weighed in Every Friday and Recorded	did 20 jumping jacks
did 5000 steps	ate 3 fruits	drank 48oz of water	contacted a friend and told of weight loss accomplishments	did 20 push ups