Saline Memorial Weight Loss

use saucer for meal	arm exercises using can goods during commercial	did a food diary	lost weight	food diary 3 days
complimented yourself	turned in a food diary	lost .4 lbs	ask dietitian 2 questions	lost 2 pounds
took my vitamins	ate 3 fruits	**FREE**	lost .2 lbs	encouraged another support group member
exercise	non-scale victory	exercise 3 days	lost 1 pound	stayed for entire meeting
drank 64 oz water	drank 4 glasses of water	know lab values	ate 5 veggies	ate 60 grams of protein

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Saline Memorial Weight Loss

lost .2 lbs	food diary 3 days	ate 3 fruits	took my vitamins	ate 5 veggies
lost weight	encouraged another support group member	exercise	turned in a food diary	ask dietitian 2 questions
walked around during a commercial	know lab values	**FREE**	complimented yourself	did a food diary
lost 1 pound	lost 2 pounds	lost .4 lbs	non-scale victory	ate 60 grams of protein
arm exercises using can goods during commercial	use saucer for meal	walked to the mailbox	cooked a healthy meal at home	drank 4 glasses of water

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Saline Memorial Weight Loss

lost .2 lbs	complimented yourself	lost 1 pound	cooked a healthy meal at home	ask dietitian 2 questions
arm exercises using can goods during commercial	walked to the mailbox	walked around during a commercial	ate 60 grams of protein	turned in a food diary
contacted a friend	non-scale victory	**FREE**	exercise 3 days	lost 2 pounds
know lab values	exercise	encouraged another support group member	ate 3 fruits	stayed for entire meeting
ate 5 veggies	took my vitamins	food diary 3 days	did a food diary	lost .4 lbs

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