

weight loss

worked out at the gym	ate 3 fruits in one day	drank 4 glasses of water in 1 day	played tennis	lost 1 pound
did not drink alcohol 2 days in a row	walked around during a commercial	lost 5 pounds	ate 3 veggies in one day	played tennis
tracked points for 2 weeks	worked out at the gym	FREE	did not drink alcohol 1 day	exercise 3 days in a row
lost .2 pounds	tracked points all week	lost .4 pounds	exercise 2 days in a row	lost 2 pounds
drank 4 glasses of water in one day	did not drink alcohol 1 day	played tennis	worked out at the gym	did not drink alcohol 2 days in a row

weight loss

worked out at the gym	ate 3 veggies in one day	played tennis	did not drink alcohol 2 days in a row	lost 5 pounds
drank 4 glasses of water in 1 day	worked out at the gym	lost 1 pound	did not drink alcohol 1 day	played tennis
lost .2 pounds	did not drink alcohol 1 day	FREE	exercise 3 days in a row	ate 3 fruits in one day
exercise 2 days in a row	played tennis	worked out at the gym	did not drink alcohol 2 days in a row	tracked points all week
lost .4 pounds	lost 2 pounds	tracked points for 2 weeks	walked around during a commercial	drank 4 glasses of water in one day

weight loss

did not drink alcohol 1 day	played tennis	ate 3 veggies in one day	lost 2 pounds	did not drink alcohol 1 day
worked out at the gym	lost .2 pounds	lost .4 pounds	walked around during a commercial	lost 1 pound
tracked points for 2 weeks	did not drink alcohol 2 days in a row	FREE	tracked points all week	exercise 2 days in a row
worked out at the gym	played tennis	played tennis	worked out at the gym	drank 4 glasses of water in 1 day
exercise 3 days in a row	ate 3 fruits in one day	lost 5 pounds	did not drink alcohol 2 days in a row	drank 4 glasses of water in one day