weight loss

stayed for entire meeting	ate 5 veggies	drank 8 glasses of water	lost weight	lost .4 pounds
did a food diary	stayed for a meeting	lost 2 pounds	complimented yourself	lost weight
post in challenge 7 days	turned in a food diary	**FREE**	contacted a friend	food diary 4 days
lost .2	lost.4	lost .2 pounds	exercise 3 days	lost 1 pound
exercise	contacted a friend	lost weight	walked around during a commercial	drank 4 glasses of water

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weight loss

turned in a food diary	complimented yourself	lost weight	did a food diary	lost 2 pounds
drank 8 glasses of water	walked around during a commercial	lost .4 pounds	contacted a friend	lost weight
lost .2	contacted a friend	**FREE**	food diary 4 days	ate 5 veggies
exercise 3 days	lost weight	stayed for entire meeting	drank 4 glasses of water	lost.4
lost .2 pounds	lost 1 pound	post in challenge 7 days	stayed for a meeting	exercise

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weight loss

contacted a friend	lost weight	complimented yourself	lost 1 pound	contacted a friend
stayed for entire meeting	lost .2	lost .2 pounds	stayed for a meeting	lost .4 pounds
post in challenge 7 days	drank 4 glasses of water	**FREE**	lost.4	exercise 3 days
turned in a food diary	lost weight	lost weight	walked around during a commercial	drank 8 glasses of water
food diary 4 days	ate 5 veggies	lost 2 pounds	did a food diary	exercise

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