

weight loss

lost weight	Ate Salad	Ate Fried Chicken	Lost inches	drank 8 glasses of water
Visited the Casino	Exercised one hour	lost 2 pounds	Won a jackpot at the boat	Ate too many green beans
drank 4 glasses of water	lost 10 pound	FREE	lost weight	Encouraged yourself
Won Most Steps	Shrunk a pants size	Took 10 000 Steps	exercise 3 times a week	Took 20000 steps
complimented yourself	lost 1 pound	Treat your body well	Lowered Blood Sugar	Lowered Blood Pressure

weight loss

Won Biggest Loser	Took 10 000 Steps	Lost your money at the boat	Excited about losing weight	Exercised 10 minutes
Won Healthiest Eater	Walked 5000 steps	Treat your body well	Encouraged others	lost 10 pound
drank 8 glasses of water	Shrunk a pants size	FREE	Encouraged yourself	Skipped Fried Chicken
lost 2 pounds	Ate too many green beans	lost weight	Won Most Steps	Gained Muscle
Lost inches	ate 3 fruits	stayed for a meeting	exercise 3 days	drank 4 glasses of water

weight loss

Won a jackpot at the boat	lost 0 pounds	Encouraged yourself	Exercised 30 Minutes	ate 3 fruits
Walked 5000 steps	Exercised one hour	complimented yourself	Won Biggest Loser	Ate Salad
Shrunk a pants size	Ate Fried Chicken	FREE	Visited the Casino	Won Healthiest Eater
lost weight	Excited about losing weight	turned in a food diary	stayed for entire meeting	Gained Muscle
stayed for a meeting	Encouraged others	drank 8 glasses of water	Won Most Steps	Lifted weights