

weight loss

lost.4	ate 3 fruits	drank 4 glasses of water	lost 1 pound	kept a food diary
cooked at home	lost weight	lost .2	ate 5 veggies	lost .4 pounds
lost inches	stayed for entire meeting	FREE	complimented yourself	exercised 3 days
gave somebody a hug	lost 2 pounds	got 8 hours sleep	exercised	kept a food diary 4 days
drank 8 glasses of water	contacted a friend	lost .2 pounds	walked around during a commercial	created a food plan

weight loss

stayed for entire meeting	ate 5 veggies	lost 1 pound	cooked at home	lost .2
drank 4 glasses of water	walked around during a commercial	kept a food diary	contacted a friend	lost .4 pounds
gave somebody a hug	complimented yourself	FREE	exercised 3 days	ate 3 fruits
exercised	lost .2 pounds	lost.4	created a food plan	lost 2 pounds
got 8 hours sleep	kept a food diary 4 days	lost inches	lost weight	drank 8 glasses of water

weight loss

contacted a friend	lost .2 pounds	ate 5 veggies	kept a food diary 4 days	complimented yourself
lost.4	gave somebody a hug	got 8 hours sleep	lost weight	kept a food diary
lost inches	created a food plan	FREE	lost 2 pounds	exercised
stayed for entire meeting	lost .4 pounds	lost 1 pound	walked around during a commercial	drank 4 glasses of water
exercised 3 days	ate 3 fruits	lost .2	cooked at home	drank 8 glasses of water