

weight loss

stayed for entire meeting	ate 3 fruits	drank 8 glasses of water	lost weight	kept weekly menu
did a food diary	stayed for a meeting	lost .4 pounds	ate 5 veggies	lost 2 pounds
lost weight	turned in a food diary	FREE	complimented yourself	exercised
gave up bread	lost weight	gave up something sweet	exercise 3 days	lost .2 pounds
encouraged someone else	contacted a friend	lost 1 pound	walked around during a commercial	drank 4 glasses of water

weight loss

turned in a food diary	ate 5 veggies	lost weight	did a food diary	lost .4 pounds
drank 8 glasses of water	walked around during a commercial	kept weekly menu	contacted a friend	lost 2 pounds
gave up bread	complimented yourself	FREE	exercised	ate 3 fruits
exercise 3 days	lost 1 pound	stayed for entire meeting	drank 4 glasses of water	lost weight
gave up something sweet	lost .2 pounds	lost weight	stayed for a meeting	encouraged someone else

weight loss

contacted a friend	lost 1 pound	ate 5 veggies	lost .2 pounds	complimented yourself
stayed for entire meeting	gave up bread	gave up something sweet	stayed for a meeting	kept weekly menu
lost weight	drank 4 glasses of water	FREE	lost weight	exercise 3 days
turned in a food diary	lost 2 pounds	lost weight	walked around during a commercial	drank 8 glasses of water
exercised	ate 3 fruits	lost .4 pounds	did a food diary	encouraged someone else