Being a better you

stayed for entire meeting	ate 3 fruits	exercise	lost.4	lost 2 lbs
drank 4 glasses of water	stayed for a meeting	lost weight	ate 5 veggies	no snacks for a day
turned in a menu	complimented yourself	you can do it	lost .2 lbs	lost .4 lbs
no junk food for a week	lost 1 lb	lost weight	exercise 3 days	lost weight
contacted a friend	no chocolate for 3 days	drank 8 glasses of water	walked around during a commercial	encouraged a friend

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Being a better you

turned in a menu	walked around during a commercial	ate 5 veggies	lost 1 lb	drank 4 glasses of water
lost.4	lost .4 lbs	exercise	lost weight	complimented yourself
lost .2 lbs	ate 3 fruits	you can do it	exercise 3 days	lost weight
encouraged a friend	stayed for entire meeting	drank 8 glasses of water	no junk food for a week	contacted a friend
lost 2 lbs	kept menu	no snacks for a day	lost weight	stayed for a meeting

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Being a better you

no junk food for a week	exercise 3 days	turned in a menu	encouraged a friend	lost.4
no chocolate for 3 days	no snacks for a day	walked around during a commercial	lost 1 lb	complimented yourself
lost weight	ate 5 veggies	you can do it	lost .2 lbs	exercise
kept menu	lost 2 lbs	contacted a friend	ate 3 fruits	stayed for entire meeting
stayed for a meeting	lost weight	lost .4 lbs	lost weight	drank 8 glasses of water

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