

weight loss

food diary at least 3 days	2019 monthly kops/tops winner	Helped someone this week	ate 5 veggies	Slept 8 hours
FREE	exercised at least 3 days	Turned in goal slip	64 ounces of water daily	ate 3 fruits
contacted a tops friend	lost weight	FREE	Complimented a friend	Said "no" to temptation food
Sang in the shower	complimented yourself	Set 30/60/90 day goals?	Presented program this year	Summer challenge participant
Perfect attendance for June	Earned a charm this year	Turtled in June	stayed for a meeting	Gave someone a hug

weight loss

lost weight	64 ounces of water daily	ate 5 veggies	FREE	Turned in goal slip
Helped someone this week	stayed for a meeting	Slept 8 hours	Earned a charm this year	ate 3 fruits
Sang in the shower	Complimented a friend	FREE	Said "no" to temptation food	2019 monthly kops/tops winner
Presented program this year	Turtled in June	food diary at least 3 days	Gave someone a hug	complimented yourself
Set 30/60/90 day goals?	Summer challenge participant	contacted a tops friend	exercised at least 3 days	Perfect attendance for June

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Earned a charm this year	Turtled in June	64 ounces of water daily	Summer challenge participant	Complimented a friend
food diary at least 3 days	Sang in the shower	Set 30/60/90 day goals?	exercised at least 3 days	Slept 8 hours
contacted a tops friend	Gave someone a hug	FREE	complimented yourself	Presented program this year
lost weight	ate 3 fruits	ate 5 veggies	stayed for a meeting	Helped someone this week
Said "no" to temptation food	2019 monthly kops/tops winner	Turned in goal slip	FREE	Perfect attendance for June