

weight loss

food diary at least 3 days	2019 monthly kops/tops winner	Perfect attendance for June	ate 5 veggies	Summer challenge participant
Gave someone a hug	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	Sang in the shower
Set 30/60/90 day goals?	complimented yourself	Slept 8 hours	Said "no" to temptation food	Tried new healthy recipe
Presented program this year	Earned a charm this year	Turtled in June	stayed for a meeting	Helped someone this week

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