

weight loss

tracked your steps	ate 3 fruits	did a program	lost more than 2 lbs	lost .2
contacted a friend	stayed the same	lost .4 pounds	ate 5 veggies	lost 2 pounds
stayed for a meeting	turned in a food diary	FREE	came in with a smile	exercised 3 days
food diary 4 days	lost weight	had no ice cream	drank 8 glasses of water	lost .2 pounds
drank 4 glasses of water	complimented yourself	lost 1 pound	walked around during a commercial	did a food diary

weight loss

turned in a food diary	ate 5 veggies	lost more than 2 lbs	contacted a friend	lost .4 pounds
did a program	walked around during a commercial	lost .2	complimented yourself	lost 2 pounds
food diary 4 days	came in with a smile	FREE	exercised 3 days	ate 3 fruits
drank 8 glasses of water	lost 1 pound	tracked your steps	did a food diary	lost weight
had no ice cream	lost .2 pounds	stayed for a meeting	stayed the same	drank 4 glasses of water

weight loss

complimented yourself	lost 1 pound	ate 5 veggies	lost .2 pounds	came in with a smile
tracked your steps	food diary 4 days	had no ice cream	stayed the same	lost .2
stayed for a meeting	did a food diary	FREE	lost weight	drank 8 glasses of water
turned in a food diary	lost 2 pounds	lost more than 2 lbs	walked around during a commercial	did a program
exercised 3 days	ate 3 fruits	lost .4 pounds	contacted a friend	drank 4 glasses of water