weight loss

turned in a food diary	Didn't cave to a craving	Took the stairs	food diary 4 days	contacted a friend
No soda or alcoholic beverages	stayed for entire meeting	drank 4 glasses of water	Got at least 7 hrs of sleep	exercise 3 days
parked at a distance	walked around during a commercial	**FREE**	Had a good laugh	ate 5 veggies
complimented yourself	lost weight	consoled a friend	ate 3 fruits	did a food diary
Turtled	No fast food this week	drank 8 glasses of water	walked for 30 minute	No sugar or sweet treats

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weight loss

walked around during a commercial	Got at least 7 hrs of sleep	food diary 4 days	No soda or alcoholic beverages	drank 4 glasses of water
Took the stairs	walked for 30 minute	contacted a friend	No fast food this week	exercise 3 days
complimented yourself	Had a good laugh	**FREE**	ate 5 veggies	Didn't cave to a craving
ate 3 fruits	drank 8 glasses of water	turned in a food diary	No sugar or sweet treats	lost weight
consoled a friend	did a food diary	parked at a distance	stayed for entire meeting	Turtled

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weight loss

No fast food this week	drank 8 glasses of water	Got at least 7 hrs of sleep	did a food diary	Had a good laugh
turned in a food diary	complimented yourself	consoled a friend	stayed for entire meeting	contacted a friend
parked at a distance	No sugar or sweet treats	**FREE**	lost weight	ate 3 fruits
walked around during a commercial	exercise 3 days	food diary 4 days	walked for 30 minute	Took the stairs
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