

weight loss

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

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Turtled	Had a good laugh	FREE	Tried a new recipe	Didn't cave to a craving
Tried a low carb/high protein item	contacted a friend	stayed for entire meeting	No soda or alcoholic beverages	food diary 4 days
ate 3 fruits	complimented yourself	lost weight	parked at a distance	Took the stairs

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