

weight loss

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

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