Farewell to the fat

stayed for entire meeting	ate 3 fruits	drank 4 glasses of water	lost weight	lost .2 pounds
contacted a friend	stayed for a meeting	lost 1 pound	ate 5 veggies	lost weight
lost.4	turned in a food diary	**FREE**	complimented yourself	exercise 3 days
food diary 4 days	lost weight	lost .2	exercise	lost .4 pounds
drank 8 glasses of water	contacted a friend	lost 2 pounds	walked around during a commercial	did a food diary

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Farewell to the fat

turned in a food diary	ate 5 veggies	lost weight	contacted a friend	lost 1 pound
drank 4 glasses of water	walked around during a commercial	lost .2 pounds	contacted a friend	lost weight
food diary 4 days	complimented yourself	**FREE**	exercise 3 days	ate 3 fruits
exercise	lost 2 pounds	stayed for entire meeting	did a food diary	lost weight
lost .2	lost .4 pounds	lost.4	stayed for a meeting	drank 8 glasses of water

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Farewell to the fat

contacted a friend	lost 2 pounds	ate 5 veggies	lost .4 pounds	complimented yourself
stayed for entire meeting	food diary 4 days	lost .2	stayed for a meeting	lost .2 pounds
lost.4	did a food diary	**FREE**	lost weight	exercise
turned in a food diary	lost weight	lost weight	walked around during a commercial	drank 4 glasses of water
exercise 3 days	ate 3 fruits	lost 1 pound	contacted a friend	drank 8 glasses of water

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