

weight loss

took stairs for 1 day	ate chicken this wk	ever been best loser	no snacks after supper	lost tonight
drank 6-8 glasses water	stayed for meeting	no cookie tonight	ate salad this wk	no gains for past 3 wks
skip seconds	turtled this wk	FREE	ate salad this wk	food journal
gained this week	read food labels	gained this wk	exercise during commercials	lost wgt last wk
exercised twice this wk	call Tops pal	no fast food this wk	won quarters this year	drink water for supper

weight loss

turtled this wk	ate salad this wk	no snacks after supper	drank 6-8 glasses water	no cookie tonight
ever been best loser	won quarters this year	lost tonight	call Tops pal	no gains for past 3 wks
gained this week	ate salad this wk	FREE	food journal	ate chicken this wk
exercise during commercials	no fast food this wk	took stairs for 1 day	drink water for supper	read food labels
gained this wk	lost wgt last wk	skip seconds	stayed for meeting	exercised twice this wk

weight loss

call Tops pal	no fast food this wk	ate salad this wk	lost wgt last wk	ate salad this wk
took stairs for 1 day	gained this week	gained this wk	stayed for meeting	lost tonight
skip seconds	drink water for supper	FREE	read food labels	exercise during commercials
turtled this wk	no gains for past 3 wks	no snacks after supper	won quarters this year	ever been best loser
food journal	ate chicken this wk	no cookie tonight	drank 6-8 glasses water	excercised twice this wk