

weight loss

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

weight loss

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

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gained this week	ate chicken this	no fast food this wk	drink water for supper	exercise during commercials