

weight loss

took stairs for 1 day	ate chicken this	ever been best loser	no snack after supper	lost wgt last week
drank 6-8 glasses water	stayed for meeting	no dessert today	ate salad this wk	no gains for past 3 wks
skip seconds	used olive oil this wk	FREE	call Tops pal	food journal
keep veggies in frig(snack)	read food labels	lost tonight	exercise during commercials	no cookie tonight
exercised twice this wk	cooked with canola oil	no fast food this wk	won quarters	drink water for supper

weight loss

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ever been best loser	won quarters	lost wgt last week	cooked with canola oil	no gains for past 3 wks
keep veggies in frig(snack)	call Tops pal	FREE	food journal	ate chicken this
exercise during commercials	no fast food this wk	took stairs for 1 day	drink water for supper	read food labels
lost tonight	no cookie tonight	skip seconds	stayed for meeting	exercised twice this wk

weight loss

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skip seconds	drink water for supper	FREE	read food labels	exercise during commercials
used olive oil this wk	no gains for past 3 wks	no snack after supper	won quarters	ever been best loser
food journal	ate chicken this	no dessert today	drank 6-8 glasses water	exercised twice this wk