

weight loss

lost 1 pound	Do a program	ate 3 fruits	lost .2 pounds	drank 8 glasses of water
Turtle	lost .8 Pounds	exercise	Do a program	food diary 4 days
lost .6 pounds	lost 2 pounds	FREE	Turned in a food diary	contacted a friend
did a food diary	lost .4 pounds	drank 4 glasses of water	contacted a friend	encouraged a friend
ate 5 veggies	Turned in food diary	exercise 3 days	lost weight	Turtle

weight loss

lost 2 pounds	Do a program	lost .2 pounds	Turtle	exercise
ate 3 fruits	lost weight	drank 8 glasses of water	Turned in food diary	food diary 4 days
did a food diary	Turned in a food diary	FREE	contacted a friend	Do a program
contacted a friend	exercise 3 days	lost 1 pound	Turtle	lost .4 pounds
drank 4 glasses of water	encouraged a friend	lost .6 pounds	lost .8 Pounds	ate 5 veggies

weight loss

Turned in food diary	exercise 3 days	Do a program	encouraged a friend	Turned in a food diary
lost 1 pound	did a food diary	drank 4 glasses of water	lost .8 Pounds	drank 8 glasses of water
lost .6 pounds	Turtle	FREE	lost .4 pounds	contacted a friend
lost 2 pounds	food diary 4 days	lost .2 pounds	lost weight	ate 3 fruits
contacted a friend	Do a program	exercise	Turtle	ate 5 veggies