

weight loss

lost 1 pound	10 planks 3 times	Parked further away	exercise 3 days	ate 3 fruits each day
Helped someone in need	lost .6 pounds	drank at least 4 glasses of water a day	20 minute exercise 5 days	lost .4 pounds
lost 2 pounds	20 minute exercise everyday	FREE	Tracked food everyday	Walked 10 reps of stairs 3 times this week
lost .2	Walked over a bridge	drank at least 8 glasses of water a day	Said no to alcohol	ate 5 veggies each day
5 planks 3 times	food diary 4 days	Lost 3 pounds	walked around during a commercial	Made a good choice with a take out order

weight loss

lost 2 pounds	walked around during a commercial	20 minute exercise 5 days	Walked over a bridge	Helped someone in need
exercise 3 days	Walked 10 reps of stairs 3 times this week	Parked further away	ate 5 veggies each day	20 minute exercise everyday
Tracked food everyday	10 planks 3 times	FREE	Said no to alcohol	drank at least 8 glasses of water a day
Made a good choice with a take out order	lost 1 pound	Lost 3 pounds	lost .2	5 planks 3 times
ate 3 fruits each day	Took stairs instead of elevator	lost .4 pounds	drank at least 4 glasses of water a day	lost .6 pounds

weight loss

lost .2	Said no to alcohol	lost 2 pounds	Made a good choice with a take out order	exercise 3 days
food diary 4 days	lost .4 pounds	walked around during a commercial	Walked over a bridge	20 minute exercise everyday
drank at least 8 glasses of water a day	20 minute exercise 5 days	FREE	Tracked food everyday	Parked further away
Took stairs instead of elevator	ate 3 fruits each day	5 planks 3 times	10 planks 3 times	lost 1 pound
lost .6 pounds	drank at least 4 glasses of water a day	Walked 10 reps of stairs 3 times this week	ate 5 veggies each day	Lost 3 pounds