

weight loss

lost weight	No Late Night Snacking	ate 5 veggies	lost 1 pound	exercise 3 days
Walked at least 5000 steps	lost weight	lost .2	No Processed Foods	lost .4 pounds
lost weight	lost.4	FREE	No Stress eating	drank 4 glasses of water
drank 8 glasses of water	lost 2 pounds	exercise	did a food diary	food diary 4 days
complimented yourself	Tracked Everything	lost .2 pounds	walked around during a commercial	ate 3 fruits

weight loss

lost.4	No Processed Foods	lost 1 pound	Walked at least 5000 steps	lost .2
ate 5 veggies	walked around during a commercial	exercise 3 days	Tracked Everything	lost .4 pounds
drank 8 glasses of water	No Stress eating	FREE	drank 4 glasses of water	No Late Night Snacking
did a food diary	lost .2 pounds	lost weight	ate 3 fruits	lost 2 pounds
exercise	food diary 4 days	lost weight	lost weight	complimented yourself

weight loss

Tracked Everything	lost .2 pounds	No Processed Foods	food diary 4 days	No Stress eating
lost weight	drank 8 glasses of water	exercise	lost weight	exercise 3 days
lost weight	ate 3 fruits	FREE	lost 2 pounds	did a food diary
lost.4	lost .4 pounds	lost 1 pound	walked around during a commercial	ate 5 veggies
drank 4 glasses of water	No Late Night Snacking	lost .2	Walked at least 5000 steps	complimented yourself