

weight loss

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

weight loss

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

weight loss

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