

weight loss

stayed for a meeting	Ate salad three days	One month perfect attendance	food diary 4 days	did a food diary
Do something special for yourself	lost weight/leeway	drank 8 glasses of water	Bring recipe to share	exercise 3 days
lost weight	turned in a food diary	FREE	Bring weight related article	ate 3 fruits
ate 5 veggies	lost 1 pound/leeway	complimented yourself	Turtle/leeway	drank 4 glasses of water
Planned meals for 3 days	Do a program	exercise	walked around during a commercial	Email/text/call a member

weight loss

turned in a food diary	Bring recipe to share	food diary 4 days	Do something special for yourself	drank 8 glasses of water
One month perfect attendance	walked around during a commercial	did a food diary	Do a program	exercise 3 days
ate 5 veggies	Bring weight related article	FREE	ate 3 fruits	Ate salad three days
Turtle/leeway	exercise	stayed for a meeting	Email/text/call a member	lost 1 pound/leeway
complimented yourself	drank 4 glasses of water	lost weight	lost weight/leeway	Planned meals for 3 days

weight loss

Do a program	exercise	Bring recipe to share	drank 4 glasses of water	Bring weight related article
stayed for a meeting	ate 5 veggies	complimented yourself	lost weight/leeway	did a food diary
lost weight	Email/text/call a member	FREE	lost 1 pound/leeway	Turtle/leeway
turned in a food diary	exercise 3 days	food diary 4 days	walked around during a commercial	One month perfect attendance
ate 3 fruits	Ate salad three days	drank 8 glasses of water	Do something special for yourself	Planned meals for 3 days