

weight loss

posted an NSV 3 days in a row	Completed weekend challenge #1	Made a new S meal	lost 1 pound	complimented a group member
Made a new E meal	lost weight	exercised 4 days in a row	Completed weekend challenge #2	lost 1 inch
lost 2 pounds	said "no" to a tempting food	FREE	Listened to poddy 105 entitled Your Body Wants to Heal	Read the Higher Learning Chapter
Listened to the poddy about fruit	Read the S chapter	lost 1/2 a pound	ate 3 green veggies for 7 days	lost 1/2 inch
Read Chapter 1	drank 10 glasses of water for 7 days	Made a new S snack	Listened to poddy 115 entitled Get Frugal & Practical at the Grocery Store	listened to a FB live

weight loss

said "no" to a tempting food	lost 1/2 a pound	lost 1 inch	listened to a FB live	lost 1/2 inch
Listened to poddy 105 entitled Your Body Wants to Heal	Listened to the poddy about fruit	complimented a group member	Made a new E meal	drank 10 glasses of water for 7 days
Completed weekend challenge #2	Read the E chapter	FREE	Completed weekend challenge #1	ate 3 green veggies for 7 days
posted an NSV 3 days in a row	Listened to poddy 115 entitled Get Frugal & Practical at the Grocery Store	wrote in food diary for 5 days in completed a stubborn losers menu	lost 1 pound	exercised 4 days in a row
Made a new S meal	Read the Higher Learning Chapter	Read the S chapter	Read Chapter 1	lost weight

weight loss

Made a new E meal	lost 1/2 inch	Read the S chapter	lost 1 pound	Completed weekend challenge #1
said "no" to a tempting food	lost 1 inch	Made a new S meal	Listened to the poddy about fruit	drank 10 glasses of water for 7 days
Read the Higher Learning Chapter	Read the E chapter	FREE	Listened to poddy 105 entitled Your Body Wants to Heal	Completed weekend challenge #2
Listened to poddy 115 entitled Get Frugal & Practical at the Grocery Store	lost 2 pounds	complimented a group member	Made a new S snack	listened to a FB live
lost weight	posted an NSV 3 days in a row	ate 3 green veggies for 7 days	Read Chapter 1	Made a new E snack