weight loss

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

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weight loss

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lost 1 pound	Read the E chapter	Read the Higher Learning Chapter	lost 2 pounds	Completed weekend challenge #2
said "no" to a tempting food	lost 1 inch	**FREE**	complimented a group member	Made a new E meal
Made a new S meal	exercised 4 days in a row	lost 1/2 a pound	Listened to the poddy about fruit	listened to a FB live
Completed weekend challenge #1	posted an NSV 3 days in a row	wrote in food journal for 5 days completed a stubborn losers menu	Made a new E snack	Made a new S snack

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weight loss

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

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