

weight loss

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

weight loss

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

weight loss

listened to a FB live	Made a new S meal	lost 1/2 inch	Made a new E meal	drank 10 glasses of water for 7 days
exercised 4 days in a row	lost 1 inch	posted an NSV 3 days in a row	Read the Higher Learning Chapter	Completed weekend challenge #2
ate 3 green veggies for 7 days	Completed weekend challenge #1	FREE	Read Chapter 1	Made a new E snack
Made a new S snack	Read the S chapter	Listened to poddy 105 entitled Your Body Wants to Heal	Clothes fit looser	lost 1/2 a pound
lost 1 pound	Wrote in food journal for 5 days Completed a stubborn losers menu	Read the E chapter	Said "no" to a tempting food	Listened to the poddy about fruit