

weight loss

lost .5kg or more	1 hour exercise of your choice	Phone a friend	drank 8 glasses of water	Wrote in food diary for 2 days
Go and walk with your kids or a dog	lost .4kg or more	ate 5 veggies	Cooked new healthy recipe	drank 4 glasses of water
exercised 30 min	lost 1 kg	30 min me time	Eat a breakfast u have not before	Try a new exercise
Try an new food u haven't tried before	exercise 3 days in a row	Write someone a handwritten note	Sing loudly in the shower	ate 3 fruits
Posted a post on the weigh2Go page	Get out into nature for at least an hour (beach or Bush etc)	complimented yourself	walked around or star jumps during a commercial break	Make a low fat snack and post on W2G

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Phone a friend	walked around or star jumps during a commercial break	Wrote in food diary for 2 days	Get out into nature for at least an hour (beach or Bush etc)	drank 4 glasses of water
Try an new food u haven't tried before	Eat a breakfast u have not before	30 min me time	Try a new exercise	1 hour exercise of your choice
Sing loudly in the shower	complimented yourself	lost .5kg or more	Make a low fat snack and post on W2G	exercise 3 days in a row
Write someone a handwritten note	ate 3 fruits	exercised 30 min	lost .4kg or more	Posted a post on the weigh2Go page

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lost 1 kg	drank 4 glasses of water	drank 8 glasses of water	walked around or star jumps during a commercial break	Phone a friend
Try a new exercise	1 hour exercise of your choice	ate 5 veggies	Go and walk with your kids or a dog	Posted a post on the weigh2Go page