

TOPS

lost 4 pounds	Bought new jeans	Hiked 4 miles	food diary 4 days	ate veggies 3 days
Drank 8 glasses of water	lost 3 pounds	contacted a friend	Bought new running shoes	exercise 3 days in a row
lost 2 pounds	stayed hm to wk out	FREE	Can do the plank for 1 min.	We out to "pump up the jam"
Wk out to "eye of the tiger"	lost 1 pound	ate 3 fruits	Ran 5 days in a row	cleaned out fridge
Ran 4 miles	Did floor wk out days in a row	did a food diary	walked around during a commercial	Encouraged a friend

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Hiked 4 miles	walked around during a commercial	ate veggies 3 days	Did floor wk out days in a row	exercise 3 days in a row
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stayed hm to wk out	exercise 3 days in a row	food diary 4 days	walked around during a commercial	Hiked 4 miles
We out to "pump up the jam"	Bought new jeans	contacted a friend	Drank 8 glasses of water	Ran 4 miles