

Gettin' Skinny Blackout Card

Walked 3 days at Longleaf	5 push-ups-10 squats-15 sit-ups (5 times)	Ate a lean protein and 2 vegetables at dinner	Walk/jog 2 miles on your own	Eat a protein/vegetable/fruit with all 3 meals
Ate 2 servings of fruit	Walked 3 days at Longleaf	No sweets today	5 push-ups-10 squats-15 sit-ups (5 times)	Shared a healthy recipe with our group
Walked 2 days at Longleaf	Walked a mile on your own	Free Space...We can do this!	50 crunches/sit ups	Drank 64 oz of water
Drank 64 oz of water	Walked 2 days at Longleaf	Drank 64 oz of water	Do a yoga workout	Lost 1 pound
Ate a lean protein and 2 vegetables at dinner	50 crunches/sit-ups	No sweets today!	walked a mile on your own	Ate a lean protein and 2 vegetables at dinner

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Walked a mile on your own	5 push-ups-10 squats-15 sit-ups (5 times)	Walk/jog 2 miles on your own	Ate 2 servings of fruit	No sweets today
Ate a lean protein and 2 vegetables at dinner	walked a mile on your own	Eat a protein/vegetable/fruit with all 3 meals	50 crunches/sit-ups	Shared a healthy recipe with our group
Drank 64 oz of water	50 crunches/sit ups	Free Space...We can do this!	Drank 64 oz of water	5 push-ups-10 squats-15 sit-ups (5 times)
Do a yoga workout	No sweets today!	Walked 3 days at Longleaf	Ate a lean protein and 2 vegetables at dinner	Walked 2 days at Longleaf
Drank 64 oz of water	Lost 1 pound	Walked 2 days at Longleaf	Walked 3 days at Longleaf	Ate a lean protein and 2 vegetables at dinner

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50 crunches/sit-ups	No sweets today!	5 push-ups-10 squats-15 sit-ups (5 times)	Lost 1 pound	50 crunches/sit ups
Walked 3 days at Longleaf	Drank 64 oz of water	Drank 64 oz of water	Walked 3 days at Longleaf	Eat a protein/vegetable/fruit with all 3 meals
Walked 2 days at Longleaf	Ate a lean protein and 2 vegetables at dinner	Free Space...We can do this!	Walked 2 days at Longleaf	Do a yoga workout
Walked a mile on your own	Shared a healthy recipe with our group	Walk/jog 2 miles on your own	walked a mile on your own	Ate a lean protein and 2 vegetables at dinner
Drank 64 oz of water	5 push-ups-10 squats-15 sit-ups (5 times)	No sweets today	Ate 2 servings of fruit	Ate a lean protein and 2 vegetables at dinner