

weight loss

walked 10 000 steps	30 mins cardio	did a food diary	lost weight	exercised 5 days during week
complimented yourself	tried a new exercise	lost 1 pound	ate 3 fruits	lost weight
meal planned for the week	walked around during a commercial	FREE	ate 5 veggies	drank 8 glasses of water
encourage a coworker	maintained HR above 130 x 15 mins	exercise 2 days	drank 4 glasses of water	hold a plank for 1 min
do 50 crunches	cleaned out fridge of junk food	lost 2 pounds	went on a hike	contact an accountability partner

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