

weight loss

stayed for entire meeting	ate 3 fruits	exercise	lost.4	lost 1 pound
drank 4 glasses of water	stayed for a meeting	lost weight	ate 5 veggies	lost weight
said no to an unhealthy food	turned in a food diary	FREE	complimented yourself	lost .2
lost .2 pounds	said no to an unhealthy food	lost .4 pounds	food diary 4 days	lost 2 pounds
exercise 3 days	did a food diary	lost weight	walked around during a commercial	drank 8 glasses of water

weight loss

turned in a food diary	ate 5 veggies	lost.4	drank 4 glasses of water	lost weight
exercise	walked around during a commercial	lost 1 pound	did a food diary	lost weight
lost .2 pounds	complimented yourself	FREE	lost .2	ate 3 fruits
food diary 4 days	lost weight	stayed for entire meeting	drank 8 glasses of water	said no to an unhealthy food
lost .4 pounds	lost 2 pounds	said no to an unhealthy food	stayed for a meeting	exercise 3 days

weight loss

did a food diary	lost weight	ate 5 veggies	lost 2 pounds	complimented yourself
stayed for entire meeting	lost .2 pounds	lost .4 pounds	stayed for a meeting	lost 1 pound
said no to an unhealthy food	drank 8 glasses of water	FREE	said no to an unhealthy food	food diary 4 days
turned in a food diary	lost weight	lost.4	walked around during a commercial	exercise
lost .2	ate 3 fruits	lost weight	drank 4 glasses of water	exercise 3 days