

weight loss

stretch or lunges	Salad for lunch	drank 2 bottles of water	stair climb x3	lost 1 pound
complimented yourself	stretch or lunges	no gluten day	Salad for lunch	stair climb x3
stood up at desk	went for a walk	FREE	Shoulder rolls	eat a fruit
eat a veggie	stood up at desk	eat a veggie	eat a fruit	lost 2 pounds
drink tea	ate healthy snack	plan a healthy meal for dinner	went for a walk	drank 2 bottles of water

weight loss

went for a walk	Salad for lunch	stair climb x3	complimented yourself	no gluten day
drank 2 bottles of water	went for a walk	lost 1 pound	ate healthy snack	stair climb x3
eat a veggie	Shoulder rolls	FREE	eat a fruit	Salad for lunch
eat a fruit	plan a healthy meal for dinner	stretch or lunges	drank 2 bottles of water	stood up at desk
eat a veggie	lost 2 pounds	stood up at desk	stretch or lunges	drink tea

weight loss

ate healthy snack	plan a healthy meal for dinner	Salad for lunch	lost 2 pounds	Shoulder rolls
stretch or lunges	eat a veggie	eat a veggie	stretch or lunges	lost 1 pound
stood up at desk	drank 2 bottles of water	FREE	stood up at desk	eat a fruit
went for a walk	stair climb x3	stair climb x3	went for a walk	drank 2 bottles of water
eat a fruit	Salad for lunch	no gluten day	complimented yourself	drink tea