

weight loss

lost 2lb	30 minute walk	Post in group	exercise 3 days	contacted a friend
Meal prepped	lost 1lb	drank 4 glasses of water	Add 2 friends	exercise 1 day
lost 1/2lb	lost 3lb	FREE	Commented on a post	ate 3 fruits
ate 5 veggies	food diary 4 days	complimented yourself	Share group link on profile	did a food diary
Share a recipe/meal	Leave feedback	drank 8 glasses of water	lost 4lb	Planned 3 meals

weight loss

lost 3lb	Add 2 friends	exercise 3 days	Meal prepped	drank 4 glasses of water
Post in group	lost 4lb	contacted a friend	Leave feedback	exercise 1 day
ate 5 veggies	Commented on a post	FREE	ate 3 fruits	30 minute walk
Share group link on profile	drank 8 glasses of water	lost 2lb	Planned 3 meals	food diary 4 days
complimented yourself	did a food diary	lost 1/2lb	lost 1lb	Share a recipe/meal

weight loss

Leave feedback	drank 8 glasses of water	Add 2 friends	did a food diary	Commented on a post
lost 2lb	ate 5 veggies	complimented yourself	lost 1lb	contacted a friend
lost 1/2lb	Planned 3 meals	FREE	food diary 4 days	Share group link on profile
lost 3lb	exercise 1 day	exercise 3 days	lost 4lb	Post in group
ate 3 fruits	30 minute walk	drank 4 glasses of water	Meal prepped	Share a recipe/meal