

weight loss

lost weight	Extra treadmill time	contacted a friend	lost 1 pound	exercise 3 days
ate 5 veggies	lost weight	lost .2	Tried a new exercise	lost .4 pounds
lost weight	lost.4	FREE	Updated my food diary	drank 4 glasses of water
drank 8 glasses of water	lost 2 pounds	exercise	did a food diary	food diary 4 days
contacted a friend	ate 3 fruits	lost .2 pounds	walked around during a commercial	complimented yourself

weight loss

lost.4	Tried a new exercise	lost 1 pound	ate 5 veggies	lost .2
contacted a friend	walked around during a commercial	exercise 3 days	ate 3 fruits	lost .4 pounds
drank 8 glasses of water	Updated my food diary	FREE	drank 4 glasses of water	Extra treadmill time
did a food diary	lost .2 pounds	lost weight	complimented yourself	lost 2 pounds
exercise	food diary 4 days	lost weight	lost weight	contacted a friend

weight loss

ate 3 fruits	lost .2 pounds	Tried a new exercise	food diary 4 days	Updated my food diary
lost weight	drank 8 glasses of water	exercise	lost weight	exercise 3 days
lost weight	complimented yourself	FREE	lost 2 pounds	did a food diary
lost.4	lost .4 pounds	lost 1 pound	walked around during a commercial	contacted a friend
drank 4 glasses of water	Extra treadmill time	lost .2	ate 5 veggies	contacted a friend