

weight loss

Take a walk on your break	Add 100% whole grain to breakfast	Eat a salad for lunch/dinner	Replace a meal with a shake or smoothie	Lost 2 pounds or more
Drink 8 glasses of water in a day	Stretch for 10-20 mins	No carbs for a week	Avoid fast food for 5 days	Read a book instead of watching tv
Snack on 1/2 ounce of nuts	Try a new healthy recipe	FREE	Choose a healthy snack option	Exercise 15-30 mins with a child
Exercise 3 days or more in 1 week	Sleep 7 plus hours in one night	Exercise with a team mate	Encourage a team mate	Lost 5 pounds or more
Eat fruit with lunch/dinner	Compliment yourself	No soda for a week	Walk 15 mins 2 times in 1 day	Drink a glass of water after waking up

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Try a new healthy recipe	Avoid fast food for 5 days	Replace a meal with a shake or smoothie	Drink 8 glasses of water in a day	No carbs for a week
Eat a salad for lunch/dinner	Walk 15 mins 2 times in 1 day	Lost 2 pounds or more	Compliment yourself	Read a book instead of watching tv
Exercise 3 days or more in 1 week	Choose a healthy snack option	FREE	Exercise 15-30 mins with a child	Add 100% whole grain to breakfast
Encourage a team mate	No soda for a week	Take a walk on your break	Drink a glass of water after waking up	Sleep 7 plus hours in one night
Exercise with a team mate	Lost 5 pounds or more	Snack on 1/2 ounce of nuts	Stretch for 10-20 mins	Eat fruit with lunch/dinner

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Take a walk on your break	Exercise 3 days or more in 1 week	Exercise with a team mate	Stretch for 10-20 mins	Lost 2 pounds or more
Snack on 1/2 ounce of nuts	Drink a glass of water after waking up	FREE	Sleep 7 plus hours in one night	Encourage a team mate
Try a new healthy recipe	Read a book instead of watching tv	Replace a meal with a shake or smoothie	Walk 15 mins 2 times in 1 day	Eat a salad for lunch/dinner
Exercise 15-30 mins with a child	Add 100% whole grain to breakfast	No carbs for a week	Drink 8 glasses of water in a day	Eat fruit with lunch/dinner