

Joy's 100 lb Weight Loss Party

turned in a food diary	ate 3 fruits	drank 4 glasses of water	lost weight	lost 25 pounds
complimented yourself	stayed positive when no weight lost	lost 50 pounds	ate 5 veggies	lost weight
started a food diary	walked around during a commercial	FREE SPACE YOU DID IT JOY!!	celebrated my success!!	exercise 3 days in a row
food diary 4 days	lost weight	lost 100 pounds	exercise	lost 5 pounds
drank 8 glasses of water	complimented a friend	lost 75 pound	walked laps in cul-de-sac	contacted a friend

Joy's 100 lb Weight Loss Party

walked around during a commercial	ate 5 veggies	lost weight	complimented yourself	lost 50 pounds
drank 4 glasses of water	walked laps in cul-de-sac	lost 25 pounds	complimented a friend	lost weight
food diary 4 days	celebrated my success!!	FREE SPACE YOU DID IT JOY!!	exercise 3 days in a row	ate 3 fruits
exercise	lost 75 pound	turned in a food diary	contacted a friend	lost weight
lost 100 pounds	lost 5 pounds	started a food diary	stayed positive when no weight lost	drank 8 glasses of water

Joy's 100 lb Weight Loss Party

complimented a friend	lost 75 pound	ate 5 veggies	lost 5 pounds	celebrated my success!!
turned in a food diary	food diary 4 days	lost 100 pounds	stayed positive when no weight lost	lost 25 pounds
started a food diary	contacted a friend	FREE SPACE YOU DID IT JOY!!	lost weight	exercise
walked around during a commercial	lost weight	lost weight	walked laps in cul-de-sac	drank 4 glasses of water
exercise 3 days in a row	ate 3 fruits	lost 50 pounds	complimented yourself	drank 8 glasses of water