Joy's 100 lb Weight Loss Party

walked around during a commercial	Never gave up on weight loss goal!!	contacted a friend	lost weight	lost 100 pounds
complimented a friend	turned in a food diary	lost 5 pounds	ate 3 fruits	lost 75 pounds
stayed positive when no weight lost	walked laps in cul-de-sac	FREE SPACE YOU DID IT JOY!!	ate 5 veggies	exercise 3 days in a row
exercised with a dance party	started a food diary	kept a food diary for a week	drank 8 glasses of water	lost 25 pounds
drank 4 glasses of water	celebrated my success!!	lost 50 pounds	walked to the mailbox everyday this week	complimented yourself

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kept a food diary for a week	lost 25 pounds	stayed positive when no weight lost	turned in a food diary	drank 4 glasses of water

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