

Weight loss Challenge

Tried a new recipe	Alcohol free day	Did a food diary for a week	Soft drink free day	Meditation 10 minutes x 3 days a wk
Complimented stranger	Sugar free day	No weight gain	Ate 3 fruits	Snacked on nuts
Stayed for entire meeting	Walked around during commercials	FREE	Ate 5 veggies	Exercise 3 days a week
Food diary for a week	Started a meal with a salad	Meat free day	Drank 4 glasses of water	No Complaining day
Did a good deed	Bread free day	Sang in shower	Water only day	Complimented yourself

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Walked around during commercials	Ate 3 fruits	Soft drink free day	Complimented stranger	No weight gain
Did a food diary for a week	Water only day	Meditation 10 minutes x 3 days a wk	Bread free day	Snacked on nuts
Food diary for a week	Ate 5 veggies	FREE	Exercise 3 days a week	Alcohol free day
Drank 4 glasses of water	Sang in shower	Tried a new recipe	Complimented yourself	Started a meal with a salad
Meat free day	No Complaining day	Stayed for entire meeting	Sugar free day	Did a good deed

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Bread free day	Sang in shower	Ate 3 fruits	No Complaining day	Ate 5 veggies
Tried a new recipe	Food diary for a week	Meat free day	Sugar free day	Meditation 10 minutes x 3 days a wk
Stayed for entire meeting	Complimented yourself	FREE	Started a meal with a salad	Drank 4 glasses of water
Walked around during commercials	Snacked on nuts	Soft drink free day	Water only day	Did a food diary for a week
Exercise 3 days a week	Alcohol free day	No weight gain	Complimented stranger	Did a good deed