

Non-Scale Victories

- **CROSSING YOUR LEGS**
- **REDUCED JOINT PAIN**
- **SMALLER CLOTHING SIZE**
- **SELF CONFIDENCE**
- **BLOOD TEST RESULTS**
- **AIRPLANE SEATBELT FITS**
- **SINGLE CHIN**
- **MORE ENDURANCE**
- **ENERGY**
- **RESTING HEART RATE**
- **LIBIDO**
- **TRYING MORE FOODS**
- **CLEAR COMPLEXION**
- **COMPLIMENTS**
- **FACE SHAPE**
- **JEWELRY FITS**
- **LESS DEPRESSION**
- **MORE SOCIAL**
- **LESS BLOATING**
- **SMALLER APPETITE**
- **HOPE**
- **SMALLER WAIST**
- **REGULAR PERIODS**
- **CHANGE IN SHOE SIZE**
- **ATTITUDE**
- **BMI**
- **MOOD**
- **SLEEP IMPROVEMENTS**
- **INCHES LOST**
- **FEEL HEALTHIER**
- **BETTER RELATIONSHIP WITH FOOD**
- **IMPROVED FOCUS**
- **MORE ACTIVE**
- **LESS FATIGUE**
- **IMPROVED CIRCULATION**
- **FEWER CRAVINGS**
- **FEEL MORE ATHLETIC**
- **HANDLE STRESS BETTER**
- **SAYING NO MORE OFTEN**
- **NO LONGER USE FOOD AS LOVE**
- **CAN IDENTIFY CRAVINGS VS HUNGER**
- **TRYING NEW ACTIVITIES**
- **MORE ORGANIZED**
- **IMPROVED MEMORY**
- **FEWER MOOD SWINGS**
- **OVERALL HAPPINESS**
- **NO MORE FOOD GUILT**
- **HEALTHIER EATING HABITS**
- **PLAY MORE WITH KIDS OR DOGS**
- **YOU ARE OUTSIDE MORE**

