

NON-SCALE VICTORIES

Red Mountain Weight Loss Bingo

CLOTHES FIT BETTER	FEELING EMPOWERED	LISTENING TO HUNGER CUES	EXERCISING REGULARLY	LESS CRAVINGS
MORE ENERGETIC	MEAL PREPPING	LESS CRANKY	GLOWING SKIN	GOING OUTSIDE MORE
BETTER SLEEP	DRINKING 8 GLASSES OF WATER DAILY		LESS BLOATING	CREATED HEALTHY HABITS
MEDICAL LABS IMPROVING	FEELING CONFIDENT	LESS SNORING	LESS STRESSED	TRIED A NEW RECIPE
FEELING HAPPY	LOST INCHES	SHOP LOCALLY & SEASONALLY	RECEIVING MORE COMPLIMENTS	LEARNED HOW TO READ A FOOD LABEL