

BECAUSE I SAID I WOULD..

Physical activity

Become more active*****

Get in shape*****

I will be more committed***

I will increase my physical activity levels**

Get up off my thang

Specifically Workout Related

Workout for 30 minutes each day****

I will be physically active at least 5 days a week***

Walk 30 mins each day***

Exercise 4 days a week***

I will strength train twice a week

Go to Zumba every Wednesday

Get into the habit of working out every morning before work

Work out one out of every 2 days

Exercise 4 days per week

To exercise everyday

I will run more

Exercise for a minimum of 30 minutes at least 2x a week

Stop procrastinating, I will exercise

Go back to the gym

I joined curves 1st of year and committed to 4 days of 1 hour exercise!

I will incorporate 30 minutes of strength training into my workout regime, 2-3 days a week

I will get up and move more often and walk the driveway when its warmer

I will workout at least 3 times a week

I will walk my dog for 30 minutes a day regardless of other commitments and workouts

I am working out so that I can stop making the people behind me dizzy

Specifically Training Related

Run in the cherry blossom 10k

Run first full marathon April 13!

I'm going to beat my 5k time of 45 minutes

Train for my second half marathon

Train for 10 or 15k to continue my on again off again love affair with running

I am training for a 5K and hope to run at a 10 minute pace

Finish under 4 hours in the marathon

I am training for and will complete the 2014 capital city half marathon

Other

Tone muscle*****

Work harder on form during workouts

Strengthen my core

I will get fit and toned again so I can do an actual pull up

I'm logging my activity on website, drinking more water, and getting more exercise.

Each * indicates a different person who wrote the statement on a because I said I would card

BECAUSE I SAID I WOULD...

Losing weight

Lose weight*****

Lose 20 lbs*****

I will lose 15 lbs.*****

Lose 10 pounds****

Lose 25 lbs and keep it off****

Lose 5 lbs***

Lose weight and make healthier choices***

Stay on track and lose 10-20 pounds in ten weeks

Lose 7 lbs

Lose 2 lbs per week

I am going to get back on track and stay on track so I can lose 100 more lbs

To stay motivated throughout the winter months and to lose a few xmas lbs I picked up

I will be at my goal weight by my bday

I would like to lose 20 lbs, slim down my belly

Lose weight and belly fat

Trim the muffin tops

Become more healthy in dropping 4 sizes

Lose the back fat and then some

I want to fit into my old jeans again

Reduce body fat % by 6%

So I can fit into all my clothes comfortably and feel good about myself

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BECAUSE I SAID I WOULD...

Nutrition and Health

I will eat healthier***

Drink more water ***

Eat 5 fruits or veggies every day**

Watch my portion sizes

I will eat more vegetables

Eat no sugar or white flour

I will learn to enjoy sugar and sweets as a special treat and not something I eat everyday

Eat less bread

I will live a healthier lifestyle***

I will go to bed earlier**

Get healthy for me and my daughter

Get healthy in 2014

Reduce my BMI by at least 5%

Beat prediabetic state

I will stop smoking for my little girl

Get healthy so I can be a better Mom to my kids

I wont let diabetes rob me of a full and vibrant life

To be a better me, to make myself healthier so that I can live longer than my mom did

My goal is to manage my weight and maintain and active lifestyle during my pregnancy

Keep my excitement for healthy living up—so I will continue good habits the rest of the year

Make a healthy lifestyle change by breaking bad habits

To be fit for life

I want to be a role model for my daughters and live long enough to meet my great grand daughters

Try to get more energy

I will actively enjoy spending time with my family

Focus on the behaviors that produce the results I want to see

To change my mindset to... nothing is more valuable than being healthy and active

I want to be more consistent in eating healthier and exercising

Work harder on being active... for my health (blood pressure)

Inspire others to achieve fitness one day at a time

Motivate my team and lead by being a positive example of healthy weight loss.

Because I need a Healthier Me!!

I want to lose weight for my health

I want to be healthy and look nice in my wedding dress

I want to lose weight before my second child.

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BECAUSE I SAID I WOULD...

Ambitious Combinations!

I will move more at least 15 minutes daily and lose 5 lbs

I will be more physically active 4 days a week and have only 1 dessert per day

To create healthier eating habits and get toned

Exercise everyday in February all 28 days and lose 5 lbs

Be more active and eat more fruit

Total lifestyle change: eat healthier, make better choices about food, drink more water instead of pop or juice, be more active -go to the gym at least 4-5 times a week, Feel good about myself

I will weigh 135 lbs and maintain that weight, I will work out 30 mins 3-4 days a week and cut down on coke. I will be more active on the weekends with my dog. Dinner becomes the smallest meal of the day

Eat more fruits and vegetables, exercise more, lose weight.

I would like to get toned all over, maintain body weight, look better naked

Be more active and drink less coke

I will drink more water and get back to a healthy pre-baby weight

Be mentally healthy, exercise and eat healthy

Lose 10 lbs, learn to eat healthier, to continue with my own personal challenge beyond the 10 week challenge

To include at least 30 minutes of exercise on the weekends, try one new healthy meal or food per week

I will eat healthier and cleaner. I will lose at least 5 lbs and I will continue to exercise and remain active

Exercise at least 120 minutes per week and lose 10 lbs

Lose 15 lbs and exercise 5 times per week

Lose weight, live longer, run a 5k

Lose 30 lbs, lower blood pressure, run 10k, eat healthier**

I will think before eating so healthy foods are consumed and will move in an activity that helps my physical healthy daily

Continue my 5 day workout per week, add in an ab and arm workout 3-4 days per week and as the weather becomes bearable, add back in our evening walks after dinner

To lose 3 or more pounds by eating healthy foods and portions, exercise 15 to 30 minutes per day

I want to shed unwanted pounds, eat sensibly, and become more active

I have paid a gym membership on several occasions since December 2011 and I will to the gym at least 3 times per week.

Run more, run faster and shred 20 lbs by August and eat healthier everyday

Cut back on processed foods and eat more whole foods and lose 20 lbs

Lose 15 lbs, train for half marathon in May, get back into habit of working out and eating healthier.

To be more active and lower my pain levels. Take vitamins daily.

Lose weight, eat better, reduce waist size, exercise more

Bring healthy lunch to work each day, Workout 30-60 minutes 6 days per week, lose 10 lbs

Lose 25 lbs, plan meal better, take vitamins every day, drink 80 oz of water daily, walk at least an extra mile a day.

Drink more water, make better choices when snacking, control late night eating.

30 minutes of exercise 4 times a day, 4-5 fruits and veggies daily, plan meals weekly.

Exercise more and eat healthier

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