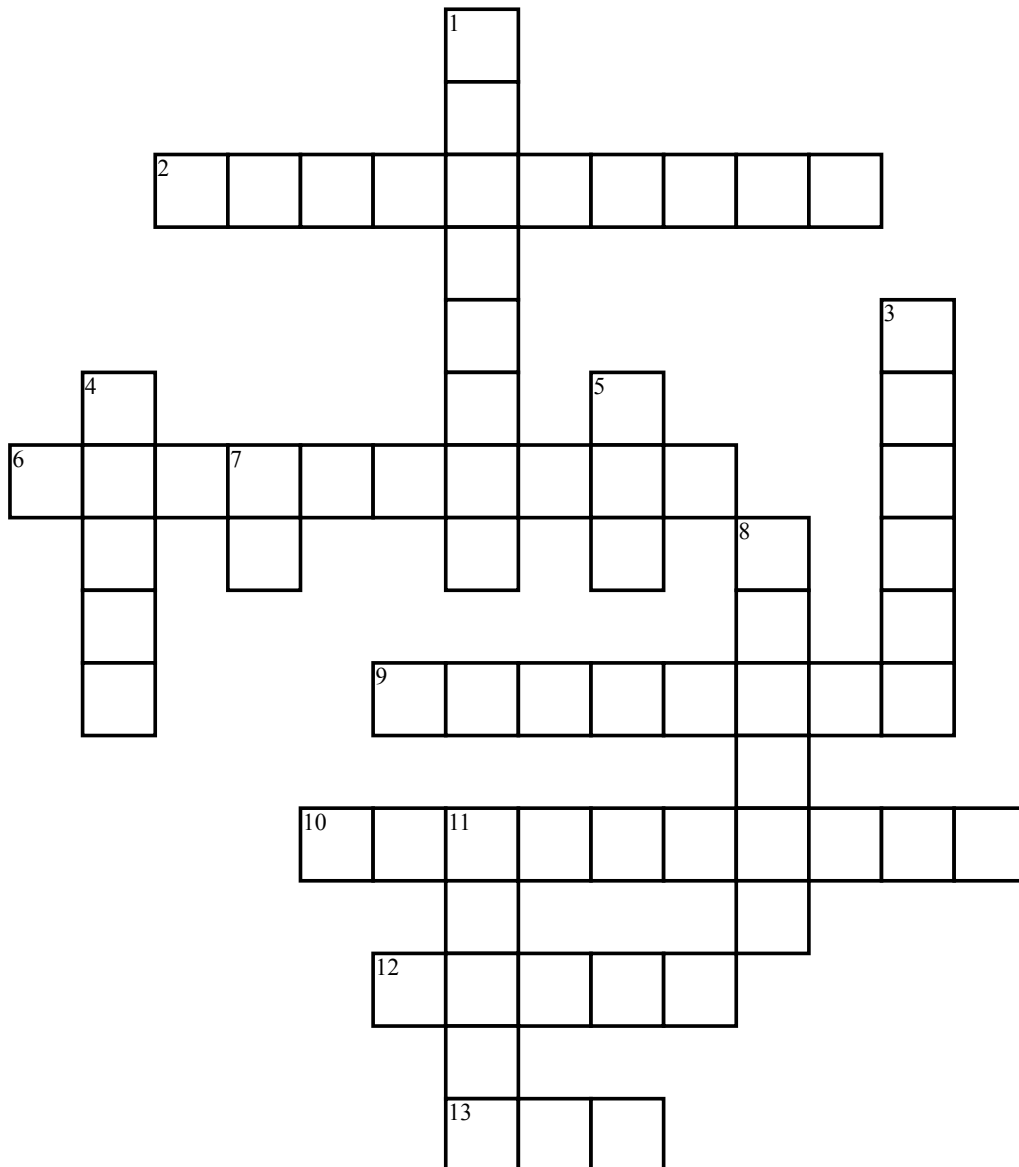


Weight loss basics



Across

2. Besides fruits, this food is zero points
 6. What keeps you going
 9. These can be used
 10. Something that keeps you going

12. Recommended beverage:

13. Being consistent is the

Down

1. You earn these points:
 3. What is the hardest to change

4. What you should create

5. There is no

7. The one day everyone looks forward to or regrets weighing

8. You get a set number of these daily:

11. You should do this for every meal