

Tops Lockhart

W F P G U J O W F F I N E W R J K
S S O L T H G I E W H Z X Y S E C
M X X A H T R A H K C O L A D M K
Q H K B G F Z R E D A E L D R I E
R E C O R D E R B F W E I S A T E
G K A D E R A H R F M X Q E W A T
M L K J I X S K Z O Y E B U E T O
S F F P L E D G E R X R S T R A G
C K H I Z S T K W D C C S L K Y E
A Y V L U N D I K O I I D V I A T
L R D P F Y L N N K I S N S B D H
E T E A M L L T U G T E E C W E E
S R K T P F I Z S O G S I A C N R
R K P O A N I P Q C P C R L N O S
Z S W W U W O C S O W D F E F D P
W E K E A T Y L B I S N E S P Y M
R N I H G I E W A O P B F O O D K

onedayatatime
continue
rewards
leader
goals
tops

weightloss
together
friends
pounds
fine
off

willpower
sensibly
weighin
scales
food

recorder
lockhart
tuesday
water
team

exercise
dieting
pledge
scale
take