

Weight Loss Jars & Containers

Decide on the clear containers you will use and the contents you will use as a filler. Make sure they fit each other depending on how many pounds you want to lose. Small containers such as shot glasses are great for beads. Larger containers such as Mason Jars are great for pom poms, stones, ping pong balls etc.

Choose whatever tags you wish to use and print them out. Attach them to your containers. Decorate the containers however you want.

FILLER IDEAS

Pom Poms
Ping Pong Balls
Marbles
Flat Marble Fillers
Stones
Cotton Balls
Buttons
Straws
Artificial flowers
Sand (by the scoop!)
Seashells
Nuts
Pine cones
Dry Pasta
Bells

Anything you can count!

Weight Loss Jars & Containers

Print out the label or tag of choice. These tags are a little easier to cut out.

Pounds Lost

Pounds To Go

Weight Loss Jars & Containers

Print out the label or tag of choice. These tags are a little easier to cut out.

Pounds Lost

Pounds To Go

Weight Loss Jars & Containers

Print out the label or tag of choice.



Weight Loss Jars & Containers

Print out the label or tag of choice.

