B	I	N	G	O
tried out a new recipe	Danced for 15 minutes	attended all meetings	lost 2 pounds	food journal every day for 1 week
ate 3 fruits in 1 day	set your KOPS goal	lost .2 pounds	Led exercise at meeting	lost 1 pound
send letter to a friend	went to lunch with friends	TAKE POUNDS OFF SENSIBLY	added to the fruit basket	drank 8 glasses water in 1 day
exercise for length of a song	provided meeting program	exercised for 20 minutes	cleaned a closet	led a pledge at meeting
brought someone new to meeting	added to the fruit basket	lost .4 pounds	wrote 10 compliments about me	ate 5 veggies in one day

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B	I	N	G	O
went to lunch with friends	Led exercise at meeting	lost 2 pounds	ate 3 fruits in 1 day	lost .2 pounds
attended all meetings	wrote 10 compliments about me	food journal every day for 1 week	added to the fruit basket	lost 1 pound
exercise for length of a song	added to the fruit basket	TAKE POUNDS OFF SENSIBLY	drank 8 glasses water in 1 day	Danced for 15 minutes
cleaned a closet	lost .4 pounds	tried out a new recipe	ate 5 veggies in one day	provided meeting program
exercised for 20 minutes	led a pledge at meeting	send letter to a friend	set your KOPS goal	brought someone new to meeting

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B	I	N	G	O
added to the fruit basket	lost .4 pounds	Led exercise at meeting	led a pledge at meeting	added to the fruit basket
tried out a new recipe	exercise for length of a song	exercised for 20 minutes	set your KOPS goal	food journal every day for 1 week
send letter to a friend	ate 5 veggies in one day	TAKE POUNDS OFF SENSIBLY	provided meeting program	cleaned a closet
went to lunch with friends	lost 1 pound	lost 2 pounds	wrote 10 compliments about me	attended all meetings
drank 8 glasses water in 1 day	Danced for 15 minutes	lost .2 pounds	ate 3 fruits in 1 day	brought someone new to meeting

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