

B	I	N	G	O
set your KOPS goal	Dance for 15 minutes	clean a closet	lose 1 pound	food journal every day for 1 week
attend all meetings	send letter to a friend	lead a pledge at meeting	Lead exercise at meeting	lose .4 pounds
provide meeting program	try out a new recipe	TAKE POUNDS OFF SENSIBLY	add to the fruit basket	eat 5 veggies in one day
exercise for 20 minutes	lose 2 pounds	exercise for length of a song	eat 3 fruits in 1 day	go to lunch with friends
drink 8 glasses water in 1 day	add to the fruit basket	lose .2 pounds	write 10 compliments about me	bring someone new to meeting

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try out a new recipe	Lead exercise at meeting	lose 1 pound	attend all meetings	lead a pledge at meeting
clean a closet	write 10 compliments about me	food journal every day for 1 week	add to the fruit basket	lose .4 pounds
exercise for 20 minutes	add to the fruit basket	TAKE POUNDS OFF SENSIBLY	eat 5 veggies in one day	Dance for 15 minutes
eat 3 fruits in 1 day	lose .2 pounds	set your KOPS goal	bring someone new to meeting	lose 2 pounds
exercise for length of a song	go to lunch with friends	provide meeting program	send letter to a friend	drink 8 glasses water in 1 day

B	I	N	G	O
add to the fruit basket	lose .2 pounds	Lead exercise at meeting	go to lunch with friends	add to the fruit basket
set your KOPS goal	exercise for 20 minutes	exercise for length of a song	send letter to a friend	food journal every day for 1 week
provide meeting program	bring someone new to meeting	TAKE POUNDS OFF SENSIBLY	lose 2 pounds	eat 3 fruits in 1 day
try out a new recipe	lose .4 pounds	lose 1 pound	write 10 compliments about me	clean a closet
eat 5 veggies in one day	Dance for 15 minutes	lead a pledge at meeting	attend all meetings	drink 8 glasses water in 1 day