turned in a food diary	8 hours of sleep 3x	Shared tip to a TOPS member outside of meeting	exercised	cut down on refined cards
Looked through the TOPS blue book	stayed for a meeting	drank 8oz glass of water before 3 meals	Don't drink your calories	eat more protein
lost weight	use smaller plates	**FREE**	Eat at table only	ate 3 veggies x3
brush your teeth after eating x3	keep healthy snacks available	cooked a new healthy recipe	ate 2 fruits x 3	did a food diary
Turtled	Got up and moved during commercials	eat more fiber	walked around during a commercial	Parked car farther away from entrance

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

use smaller plates	Don't drink your calories	exercised	Looked through the TOPS blue book	drank 8oz glass of water before 3 meals
Shared tip to a TOPS member outside of meeting	walked around during a commercial	cut down on refined cards	Got up and moved during commercials	eat more protein
brush your teeth after eating x3	Eat at table only	**FREE**	ate 3 veggies x3	8 hours of sleep 3x
ate 2 fruits x 3	eat more fiber	turned in a food diary	Parked car farther away from entrance	keep healthy snacks available
cooked a new healthy recipe	did a food diary	lost weight	stayed for a meeting	Turtled

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

Got up and moved during commercials	eat more fiber	Don't drink your calories	did a food diary	Eat at table only
turned in a food diary	brush your teeth after eating x3	cooked a new healthy recipe	stayed for a meeting	cut down on refined cards
lost weight	Parked car farther away from entrance	**FREE**	keep healthy snacks available	ate 2 fruits x 3
use smaller plates	eat more protein	exercised	walked around during a commercial	Shared tip to a TOPS member outside of meeting
ate 3 veggies x3	8 hours of sleep 3x	drank 8oz glass of water before 3 meals	Looked through the TOPS blue book	Turtled

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved