

TOPS Bingo

read a weight loss article	Ate a raw veggie	Skipped dessert	lost .4 pounds	did a food diary
Invited someone to TOPS	lost 2 pounds	drank water	Ate something green	lost .2 pounds
lost 1 pound	stayed for a meeting	FREE	Baked or grilled a meat	ate 5 veggies
complimented yourself	lost .5 pounds	contacted a friend	ate 3 fruits	didn't eat out all week
Skipped the salt	Cooked a healthy meal	exercise	went for a walk	Read a food label

TOPS Bingo

stayed for a meeting	Ate something green	lost .4 pounds	Invited someone to TOPS	drank water
Skipped dessert	went for a walk	did a food diary	Cooked a healthy meal	lost .2 pounds
complimented yourself	Baked or grilled a meat	FREE	ate 5 veggies	Ate a raw veggie
ate 3 fruits	exercise	read a weight loss article	Read a food label	lost .5 pounds
contacted a friend	didn't eat out all week	lost 1 pound	lost 2 pounds	Skipped the salt

TOPS Bingo

Cooked a healthy meal	exercise	Ate something green	didn't eat out all week	Baked or grilled a meat
read a weight loss article	complimented yourself	contacted a friend	lost 2 pounds	did a food diary
lost 1 pound	Read a food label	FREE	lost .5 pounds	ate 3 fruits
stayed for a meeting	lost .2 pounds	lost .4 pounds	went for a walk	Skipped dessert
ate 5 veggies	Ate a raw veggie	drank water	Invited someone to TOPS	Skipped the salt