| B | I | N | G | O |
|---|---|---|---|---|
| turned in a food diary | ate 3 fruits | do some self care | lost weight | gave somebody a hug |
| cooked real food at home | tried something new | had a small NSV | ate 5 veggies | lost 2 pounds |
| stayed for entire meeting | walked | **FREE** | complimented yourself | exercise |
| exercise 3 days | stayed for a meeting | food diary 4 days | drank 8 glasses of water | got 8 hours of sleep |
| drank 4 glasses of water | contacted a friend | lost 1 pound | walked around during a commercial | did a food diary |



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| B | I | N | G | O |
|---|---|---|---|---|
| walked | ate 5 veggies | lost weight | cooked real food at home | had a small NSV |
| do some self care | walked around during a commercial | gave somebody a hug | contacted a friend | lost 2 pounds |
| exercise 3 days | complimented yourself | **FREE** | exercise | ate 3 fruits |
| drank 8 glasses of water | lost 1 pound | turned in a food diary | did a food diary | stayed for a meeting |
| food diary 4 days | got 8 hours of sleep | stayed for entire meeting | tried something new | drank 4 glasses of water |



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