

B	I	N	G	O
Step 9	12 Steps	Fellowship	Self-care	Meetings
Body image	Step 12	Progress	Abstinence	Step 1
Accountability	Healthy boundaries	FREE	Higher Power	Sponsorship
Meal planning	Recovery journey	Group therapy	Mindful eating	Food plan
Binge-free day	Body acceptance	One day at a time	Cravings	Recovery chips

B	I	N	G	O
Step work	Share	Recovery journey	Progress	Sponsorship
Binge-free day	Body acceptance	Recovery chips	Mindful eating	Body image
One day at a time	Abstinence	FREE	Healthy boundaries	12 Steps
Meetings	Step 9	Support group	Cravings	Accountability
Self-care	Emotional eating	Higher Power	Fellowship	Group therapy

B	I	N	G	O
One day at a time	Body image	Recovery journey	Recovery chips	Emotional eating
Abstinence	Support group	Fellowship	Step work	Step 4
Cravings	Sponsorship	FREE	Meal planning	Self-care
12 Steps	Body acceptance	Mindful eating	Higher Power	H.O.W. (Honesty Open-mindedness Willingness)
Step 9	Accountability	Step 1	Binge-free day	Step 12