

B	I	N	G	O
try a new fruit/vegetable	ate 3 fruits	15 minute dance party	drank 8 glasses of water	participated in the group walk
lost 1 pound	did a charity walk	tried yoga	no energy drink all day	ate 5 veggies
park in the farthest spot and walk	stretched in the morning	FREE	try a new healthy recipe	avoid fast food for 5 days
linked tracker to Castlight	logged workout on app	read an article on Castlight	lost .4 pounds	packed lunch
got 8 hours of sleep	get 10 000 steps	lost 2 pounds	did 10 jumping jacks	no alcohol for 3 days

B	I	N	G	O
lost 1 pound	lost .4 pounds	ate 5 veggies	took a technology break	complimented yourself
participated in the group walk	linked tracker to Castlight	avoid fast food for 5 days	logged workout on app	tried yoga
try a new healthy recipe	ate 3 fruits	FREE	no energy drink all day	lost 2 pounds
no alcohol for 3 days	lost .2 pounds	did a food diary	drank 8 glasses of water	no junk food for 1 day
park in the farthest spot and walk	set challenge goal	did 10 jumping jacks	packed lunch	did a charity walk

B	I	N	G	O
packed lunch	lost 2 pounds	no alcohol for 3 days	ate 3 fruits	linked tracker to Castlight
15 minute dance party	lost .4 pounds	did a charity walk	try a new fruit/vegetable	complimented yourself
workout with a friend	worked out during a commercial	FREE	did a food diary	ate 5 veggies
participated in the group walk	no energy drink all day	drank 4 glasses of water	try a new healthy recipe	lost 1 pound
did 10 jumping jacks	park in the farthest spot and walk	logged workout on app	drank 8 glasses of water	avoid fast food for 5 days