

# TOPS Weight Loss Bingo

|                         |                     |                      |                             |                         |
|-------------------------|---------------------|----------------------|-----------------------------|-------------------------|
| took stairs for 1 day   | ate chicken this wk | ever been best loser | no snacks after supper      | lost tonight            |
| drank 6-8 glasses water | stayed for meeting  | no cookie tonight    | ate salad this wk           | no gains for past 3 wks |
| skip seconds            | turtled this wk     | <b>FREE</b>          | ate salad this wk           | food journal            |
| gained this week        | read food labels    | gained this wk       | exercise during commercials | lost wgt last wk        |
| exercised twice this wk | call Tops pal       | no fast food this wk | won quarters this year      | drink water for supper  |

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|                                   |                              |                              |                               |                               |
|-----------------------------------|------------------------------|------------------------------|-------------------------------|-------------------------------|
| turtled<br>this wk                | ate<br>salad<br>this wk      | no snacks<br>after<br>supper | drank 6-8<br>glasses<br>water | no<br>cookie<br>tonight       |
| ever<br>been best<br>loser        | won<br>quarters<br>this year | lost<br>tonight              | call Tops<br>pal              | no gains<br>for past<br>3 wks |
| gained<br>this<br>week            | ate<br>salad<br>this wk      | <b>FREE</b>                  | food<br>journal               | ate<br>chicken<br>this wk     |
| exercise<br>during<br>commercials | no fast<br>food this<br>wk   | took<br>stairs for<br>1 day  | drink<br>water for<br>supper  | read<br>food<br>labels        |
| gained<br>this wk                 | lost wgt<br>last wk          | skip<br>seconds              | stayed<br>for<br>meeting      | exercised<br>twice this<br>wk |

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|                             |                               |                              |                               |                                   |
|-----------------------------|-------------------------------|------------------------------|-------------------------------|-----------------------------------|
| call Tops<br>pal            | no fast<br>food this<br>wk    | ate<br>salad<br>this wk      | lost wgt<br>last wk           | ate<br>salad<br>this wk           |
| took<br>stairs for<br>1 day | gained<br>this<br>week        | gained<br>this wk            | stayed<br>for<br>meeting      | lost<br>tonight                   |
| skip<br>seconds             | drink<br>water for<br>supper  | <b>FREE</b>                  | read<br>food<br>labels        | exercise<br>during<br>commercials |
| turtled<br>this wk          | no gains<br>for past<br>3 wks | no snacks<br>after<br>supper | won<br>quarters<br>this year  | ever<br>been best<br>loser        |
| food<br>journal             | ate<br>chicken<br>this wk     | no<br>cookie<br>tonight      | drank 6-8<br>glasses<br>water | exercised<br>twice this<br>wk     |