TOPS

stayed for entire meeting	Increase water intake	did a food diary	lost weight	lost .2 pounds
contacted a friend	stayed for a meeting	lost 1 pound	ate 3 fruits	lost weight
lost.4	turned in a food diary	**FREE**	ate veggies 3 days	exercise 3 days
food diary 4 days	lost weight	lost .2	exercise	lost .4 pounds
drank 24 oz of water	cleaned out fridge	lost 2 pounds	walked around during a commercial	contacted a friend

TOPS/KOPS weight loss Bingo Card #1 of 3

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TOPS

turned in a food diary	ate 3 fruits	lost weight	contacted a friend	lost 1 pound
did a food diary	walked around during a commercial	lost .2 pounds	cleaned out fridge	lost weight
food diary 4 days	ate veggies 3 days	**FREE**	exercise 3 days	Increase water intake
exercise	lost 2 pounds	stayed for entire meeting	contacted a friend	lost weight
lost .2	lost .4 pounds	lost.4	stayed for a meeting	drank 24 oz of water

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TOPS

cleaned out fridge	lost 2 pounds	ate 3 fruits	lost .4 pounds	ate veggies 3 days
stayed for entire meeting	food diary 4 days	lost .2	stayed for a meeting	lost .2 pounds
lost.4	contacted a friend	**FREE**	lost weight	exercise
turned in a food diary	lost weight	lost weight	walked around during a commercial	did a food diary
exercise 3 days	Increase water intake	lost 1 pound	contacted a friend	drank 24 oz of water

TOPS/KOPS weight loss Bingo Card #3 of 3

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