

B	I	N	G	O
Sing a song out loud	10 cups water	30 min activity	Down more then 1 Pound	Down .2 pounds
15 min activity	Read a short story	Down .5 Pounds	10 cups water	Down 1 Pound
Play a game	Track 1 day	FREE	10 min me time	8 cups water
8 cups water	Down more then 1 Pound	Down .2 Pounds	7 hrs sleep	Down .5 Pounds
30 min activity	15 min activity	Down 1 Pound	Track 1 meal	15 min me time

B	I	N	G	O
Track 1 day	10 cups water	Down more then 1 Pound	15 min activity	Down .5 Pounds
30 min activity	Track 1 meal	Down .2 pounds	15 min activity	Down 1 Pound
8 cups water	10 min me time	FREE	8 cups water	10 cups water
7 hrs sleep	Down 1 Pound	Sing a song out loud	15 min me time	Down more then 1 Pound
Down .2 Pounds	Down .5 Pounds	Play a game	Read a short story	30 min activity

B	I	N	G	O
15 min activity	Down 1 Pound	10 cups water	Down .5 Pounds	10 min me time
Sing a song out loud	8 cups water	Down .2 Pounds	Read a short story	Down .2 pounds
Play a game	15 min me time	FREE	Down more then 1 Pound	7 hrs sleep
Track 1 day	Down 1 Pound	Down more then 1 Pound	Track 1 meal	30 min activity
8 cups water	10 cups water	Down .5 Pounds	15 min activity	30 min activity