Costco Weight Loss Bingo

no carbs for one day	25 squats during a TV commercial	ate 5 veggies	lost weight	logged weight
75 grams protein	no carbs for 3 days	lost 1 pound	25 squats while at work	lost weight
lost.4	no soda this week	**FREE**	30 minutes any exercise	exercise 3 days
food diary 7 days	lost weight	logged in a food diary	drank 8 glasses of water	lost 1 pound
drank 4 glasses of water	30 minutes walking	lost 2 pounds	walked around our Costco building at least 3 times	ate 3 fruits

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Costco Weight Loss Bingo

no soda this week	25 squats while at work	lost weight	75 grams protein	lost 1 pound
ate 5 veggies	walked around our Costco building at least 3 times	logged weight	30 minutes walking	lost weight
food diary 7 days	30 minutes any exercise	**FREE**	exercise 3 days	25 squats during a TV commercial
drank 8 glasses of water	lost 2 pounds	no carbs for one day	ate 3 fruits	lost weight
logged in a food diary	lost 1 pound	lost.4	no carbs for 3 days	drank 4 glasses of water

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Costco Weight Loss Bingo

30 minutes walking	lost 2 pounds	25 squats while at work	lost 1 pound	30 minutes any exercise
no carbs for one day	food diary 7 days	logged in a food diary	no carbs for 3 days	logged weight
lost.4	ate 3 fruits	**FREE**	lost weight	drank 8 glasses of water
no soda this week	lost weight	lost weight	walked around our Costco building at least 3 times	ate 5 veggies
exercise 3 days	25 squats during a TV commercial	lost 1 pound	75 grams protein	drank 4 glasses of water

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