Weight Loss

Worked out at the gym	1 hour workout completed	Did stairs as my exercise today	Made a green smoothie today	Large salad for supper
8000 steps today	Treadmill workout completed	Lost 1 LB this week (show proof by Friday)	10000 steps completed today	Made & enjoyed cabbage soup
Skipping rope workout completed	Worked out with a friend	Jumping jacks, Burpees, Planks	30 minute workout completed	Early morning workout completed
Intense at home workout completed!	Neighbourhood walk	Large salad for lunch	Drank 2L of water today	Late night workout before bed
Drank 1 gallon of water today	8 hours of sleep	Lost 3 lbs this week (show proof by Friday)	Workout with dumbbells	Ate 3 servings of fruit today

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

Weight Loss

Worked out with a friend	10000 steps completed today	Made a green smoothie today	8000 steps today	Lost 1 LB this week (show proof by Friday)
Did stairs as my exercise today	Workout with dumbbells	Large salad for supper	8 hours of sleep	Made & enjoyed cabbage soup
Intense at home workout completed!	30 minute workout completed	Jumping jacks, Burpees, Planks	Early morning workout completed	1 hour workout completed
Drank 2L of water today	Lost 3 lbs this week (show proof by Friday)	Worked out at the gym	Ate 3 servings of fruit today	Neighbourhood walk
Large salad for lunch	Late night workout before bed	Skipping rope workout completed	Treadmill workout completed	Drank 1 gallon of water today

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

Weight Loss

8 hours of sleep	Lost 3 lbs this week (show proof by Friday)	10000 steps completed today	Late night workout before bed	30 minute workout completed
Worked out at the gym	Intense at home workout completed!	Large salad for lunch	Treadmill workout completed	Large salad for supper
Skipping rope workout completed	Ate 3 servings of fruit today	Jumping jacks, Burpees, Planks	Neighbourhood walk	Drank 2L of water today
Worked out with a friend	Made & enjoyed cabbage soup	Made a green smoothie today	Workout with dumbbells	Did stairs as my exercise today
Early morning workout completed	1 hour workout completed	Lost 1 LB this week (show proof by Friday)	8000 steps today	Drank 1 gallon of water today

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved