

B	I	N	G	O
contacted a friend	did a food diary	food diary 4 days	lost weight	walked around during a commercial
complimented yourself	exercise 3 days	lost .4 pounds	lost 2 pounds	stayed for a meeting
ate 3 fruits	exercise	FREE	lost.4	walks daily
contacted a friend	drank 8 glasses of water	lost 1 pound	lost weight	turned in a food diary
ate 5 veggies	drank 4 glasses of water	lost .2 pounds	lost weight	stayed for entire meeting

B	I	N	G	O
ate 5 veggies	exercise 3 days	lost .4 pounds	lost.4	walked around during a commercial
contacted a friend	exercise	food diary 4 days	lost 2 pounds	turned in a food diary
ate 3 fruits	drank 8 glasses of water	FREE	lost weight	stayed for a meeting
complimented yourself	did a food diary	lost .2 pounds	lost weight	walks daily
contacted a friend	drank 4 glasses of water	lost .2	lost weight	stayed for entire meeting

B	I	N	G	O
ate 3 fruits	did a food diary	lost 1 pound	lost weight	walks daily
contacted a friend	exercise 3 days	lost .2	lost weight	turned in a food diary
contacted a friend	exercise	FREE	lost 2 pounds	stayed for entire meeting
ate 5 veggies	drank 8 glasses of water	food diary 4 days	lost weight	walked around during a commercial
complimented yourself	drank 4 glasses of water	lost .4 pounds	lost.4	stayed for a meeting