

B	I	N	G	O
contacted a friend for a walk	did a food diary	food diary 4 days	lost weight	walked around during a commercial
complimented yourself	exercise 3 days	lost more than 1 pound in a week	lost 2 pounds	stayed for a meeting
ate 3 fruits	exercise	FREE	lost.4	walks daily
contacted a friend to avoid eating	drank 8 glasses of water	lost 1 pound	bought new clothes	turned in a food diary
ate 5 veggies	drank 4 glasses of water	lost weight 2 weeks in a row	complimented yourself	did a weekly program for the group

B	I	N	G	O
ate 5 veggies	exercise 3 days	lost more than 1 pound in a week	lost.4	walked around during a commercial
contacted a friend to avoid eating	exercise	food diary 4 days	lost 2 pounds	turned in a food diary
ate 3 fruits	drank 8 glasses of water	FREE	bought new clothes	stayed for a meeting
complimented yourself	did a food diary	lost weight 2 weeks in a row	lost weight	walks daily
contacted a friend for a walk	drank 4 glasses of water	lost .2	complimented yourself	did a weekly program for the group

B	I	N	G	O
ate 3 fruits	did a food diary	lost 1 pound	lost weight	walks daily
contacted a friend to avoid eating	exercise 3 days	lost .2	complimented yourself	turned in a food diary
contacted a friend for a walk	exercise	FREE	lost 2 pounds	did a weekly program for the group
ate 5 veggies	drank 8 glasses of water	food diary 4 days	bought new clothes	walked around during a commercial
complimented yourself	drank 4 glasses of water	lost more than 1 pound in a week	lost.4	stayed for a meeting