weight loss

Start a meal a salad	Alcohol free day	Did a good deed	No weight gain	Lost Weight
Complimented yourself	Snacked on nuts	Meditation 10 minutes X 3 days a week	Ate 3 fruits	No sweet day
Sang in shower	Stayed for entire meeting	**FREE**	Ate 5 veggies	Drank only water for a day
Exercised 3 days a week	Said no to temptation	Food diary for a week	Drank 4 glasses of water	Meatless day
Do a food diary for week	Bread-less day	No complaining day	Walked around during a commercials	Decreased Portion sizes

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weight loss

Stayed for entire meeting	Ate 3 fruits	No weight gain	Complimented yourself	Meditation 10 minutes X 3 days a week
Did a good deed	Walked around during a commercials	Lost Weight	Bread-less day	No sweet day
Exercised 3 days a week	Ate 5 veggies	**FREE**	Drank only water for a day	Alcohol free day
Drank 4 glasses of water	No complaining day	Start a meal a salad	Decreased Portion sizes	Said no to temptation
Food diary for a week	Meatless day	Sang in shower	Snacked on nuts	Do a food diary for week

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weight loss

Bread-less day	No complaining day	Ate 3 fruits	Meatless day	Ate 5 veggies
Start a meal a salad	Exercised 3 days a week	Food diary for a week	Snacked on nuts	Lost Weight
Sang in shower	Decreased Portion sizes	**FREE**	Said no to temptation	Drank 4 glasses of water
Stayed for entire meeting	No sweet day	No weight gain	Walked around during a commercials	Did a good deed
Drank only water for a day	Alcohol free day	Meditation 10 minutes X 3 days a week	Complimented yourself	Do a food diary for week

Weight Loss Challenge Bingo Card #3 of 3

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