

TOPS BINGO

turned in a food diary	ate 3 fruits	exercise 3 days	no snacks this week	lost 1 pound
contacted a friend	read an article on weight loss	lost weight	ate 5 veggies	lost weight
presented a program	turned in food diary	FREE	contacted a friend	lost .4 pounds
lost .6 pounds	presented a program	lost .8 pounds	lost .2 pounds	lost 2 pounds
exercise 5 days	contacted a friend	lost weight	turned in food diary	drank 4 glasses of water

TOPS BINGO

turned in food diary	ate 5 veggies	no snacks this week	contacted a friend	lost weight
exercise 3 days	turned in food diary	lost 1 pound	contacted a friend	lost weight
lost .6 pounds	contacted a friend	FREE	lost .4 pounds	ate 3 fruits
lost .2 pounds	lost weight	turned in a food diary	drank 4 glasses of water	presented a program
lost .8 pounds	lost 2 pounds	presented a program	read an article on weight loss	exercise 5 days

TOPS BINGO

contacted a friend	lost weight	ate 5 veggies	lost 2 pounds	contacted a friend
turned in a food diary	lost .6 pounds	lost .8 pounds	read an article on weight loss	lost 1 pound
presented a program	drank 4 glasses of water	FREE	presented a program	lost .2 pounds
turned in food diary	lost weight	no snacks this week	turned in food diary	exercise 3 days
lost .4 pounds	ate 3 fruits	lost weight	contacted a friend	exercise 5 days