

B	I	N	G	O
food journal to Rebecca all day	1 week of no takeout	Lost 3 pounds	Walked 12000 steps	Track Calories
Drank water all day	Went to the gym	Try a new recipe	13 000 Steps	Went to gym 3 times
had a salad	Added 1000 steps after work	Pack all food for work	Packed lunch	Weigh in
Track Calories	Used resistance bands	No candy all week	Tracked calories for 1 day	Did strength training
Water day	Eat fruit at breakfast	listen to podcast daily	Eat fruit at dinner	No regular soda all week

B	I	N	G	O
had a salad	Added 1000 steps after work	Went to gym 3 times	13 000 Steps	Did strength training
Eat fruit at dinner	Weigh in	Pack all food for work	Track Calories	Used resistance bands
Drank water all day	Lost 3 pounds	Try a new recipe	Tracked calories for 1 day	food journal to Rebecca all day
Track Calories	Eat fruit at breakfast	Went to the gym	No candy all week	Walked 12000 steps
Water day	listen to podcast daily	No regular soda all week	1 week of no takeout	Packed lunch

B	I	N	G	O
Weigh in	Tracked calories for 1 day	Eat fruit at breakfast	Eat fruit at dinner	No candy all week
Did strength training	No regular soda all week	Drank water all day	Pack all food for work	food journal to Rebecca all day
Track Calories	Water day	Try a new recipe	Added 1000 steps after work	Went to the gym
had a salad	Used resistance bands	listen to podcast daily	13 000 Steps	1 week of no takeout
Packed lunch	Went to gym 3 times	Walked 12000 steps	Lost 3 pounds	Track Calories