Weight Loss Bingo

kettle bell workout	Fast 24 hr	Lift weights	Run for 1 mile	Ride Bike
Hike	kettle bell workout	Run for 1 mile	Fast 24 hr	Snack on Fruit/Veggie
kettle bell workout	Fast 24 hr	Lift weights	Lose 2 lbs	Run for 2 miles
Lose 5 lbs	Run for 1 mile	Lift weights	Run for 1 mile	Fast 24 hr
Run for 2 miles	Hike	lose 10 lbs	Hike	Lift weights

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Weight Loss Bingo

kettle bell workout	Fast 24 hr	Snack on Fruit/Veggie	Fast 24 hr	Fast 24 hr
Hike	Run for 2 miles	Lift weights	Ride Bike	Run for 1 mile
Hike	Lift weights	Run for 1 mile	Run for 1 mile	kettle bell workout
Lose 5 lbs	Hike	kettle bell workout	Lift weights	Run for 1 mile
Run for 2 miles	lose 10 lbs	Lift weights	Fast 24 hr	Lose 2 lbs

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Weight Loss Bingo

Run for 2 miles	Run for 1 mile	Hike	Hike	Lift weights
Fast 24 hr	Lift weights	Hike	Lift weights	kettle bell workout
Lose 5 lbs	Run for 2 miles	Run for 1 mile	Fast 24 hr	kettle bell workout
kettle bell workout	Run for 1 mile	lose 10 lbs	Fast 24 hr	Fast 24 hr
Lose 2 lbs	Snack on Fruit/Veggie	Run for 1 mile	Lift weights	Ride Bike

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