

TOPS 1625 BINGO

LOSS 4 WEEKS IN A ROW	drank 4 glasses of water	lost .4 pounds	stayed for a meeting	Paid membership dues
contacted a friend	lost .2 pounds	Attended ARD	lost.4 pounds	TOPS of the week
ate 3 fruits	Participated in the colorthon	FREE	walked around during a commercial	Prepare a program for 2 months
complimented yourself	exercise 3 days	lost weight	turned in a food diary	Attended meeting for 1 month
KOPS of the week	exercise journal	TOPS OF THE MONTH	Gave a program	Served as an officer

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contacted a friend	exercise 3 days	lost 1 pound	lost.4 pounds	TOPS of the week
ate 3 fruits	lost .2 pounds	lost .4 pounds	turned in a food diary	Attended meeting for 1 month
complimented yourself	drank 4 glasses of water	FREE	walked around during a commercial	Prepare a program for 2 months
KOPS of the week	exercise journal	TOPS OF THE MONTH	Gave a program	Paid membership dues
ate 5 veggies	Participated in the colorthon	Attended ARD	stayed for a meeting	Served as an officer

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KOPS of the week	exercise journal	Attended ARD	lost.4 pounds	Served as an officer
ate 3 fruits	Participated in the colorthon	lost 1 pound	walked around during a commercial	Attended meeting for 1 month