

B	I	N	G	O
walked 15 minutes 3 days a week	ate 3 fruits 3 days a week	drank recommended amount of water	packed a lunch	lost 4 pounds
conducted a TOPS program	stayed for a meeting	meditated 5 minutes 3 days a week	ate 40 grams of protein in a day	no sugar for an entire day
practiced 10 mins of deep breathing 3 days a week	walked in place during a commercial	FREE	ate 5 veggies 3 days a week	lost 1 pound
lost 2 pounds	performed intermittent fasting 2 days a week	lost 3 pounds	logged a food diary for a week	lost weight
got 8 hours of sleep	complimented yourself	no soda or diet soda for a day	walked in place during a phone call	contacted a TOPS pal

B	I	N	G	O
walked in place during a commercial	ate 40 grams of protein in a day	packed a lunch	conducted a TOPS program	meditated 5 minutes 3 days a week
drank recommended amount of water	walked in place during a phone call	lost 4 pounds	complimented yourself	no sugar for an entire day
lost 2 pounds	ate 5 veggies 3 days a week	FREE	lost 1 pound	ate 3 fruits 3 days a week
logged a food diary for a week	no soda or diet soda for a day	walked 15 minutes 3 days a week	contacted a TOPS pal	performed intermittent fasting 2 days a week
lost 3 pounds	lost weight	practiced 10 mins of deep breathing 3 days a week	stayed for a meeting	got 8 hours of sleep

B	I	N	G	O
complimented yourself	no soda or diet soda for a day	ate 40 grams of protein in a day	lost weight	ate 5 veggies 3 days a week
walked 15 minutes 3 days a week	lost 2 pounds	lost 3 pounds	stayed for a meeting	lost 4 pounds
practiced 10 mins of deep breathing 3 days a week	contacted a TOPS pal	FREE	performed intermittent fasting 2 days a week	logged a food diary for a week
walked in place during a commercial	no sugar for an entire day	packed a lunch	walked in place during a phone call	drank recommended amount of water
lost 1 pound	ate 3 fruits 3 days a week	meditated 5 minutes 3 days a week	conducted a TOPS program	got 8 hours of sleep