

B	I	N	G	O
Tried a "skinny" version of a recipe	Ate 3 fruits 3 days this week	Exercised for 60 minutes in one week	Performed intermittent fasting for 2 days this week	Meditated for 5 minutes 2 days this week
Conducted a TOPS program	Texted or emailed a TOPS pal	No sugar for an entire day	Ate 5 veggies 2 days this week	Telephoned a TOPS pal
Walked in place during a commercial	Ate my recommended amount of protein 3 days a week	FREE	Kept a food diary for a week	Lost weight
Stayed for a TOPS meeting	Mailed a card to a TOPS pal	Packed a lunch	Exercised with a friend	No soda or diet soda for a day
Complimented myself	Practiced 5 minutes of deep breathing 2 days this week	Drank the recommended amount of water daily	Walked in place during a phone call	Drank warm lemon water before dinner 3 times this week

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Performed intermittent fasting for 2 days this week	Lost weight	Exercised for 60 minutes in one week	No soda or diet soda for a day	Ate my recommended amount of protein 3 days a week
Kept a food diary for a week	Ate 3 fruits 3 days this week	FREE	Exercised with a friend	Packed a lunch
Drank warm lemon water before dinner 3 times this week	Tried a "skinny" version of a recipe	Drank the recommended amount of water daily	Stayed for a TOPS meeting	Complimented myself
Meditated for 5 minutes 2 days this week	Got 8 hours of sleep at least one night	Telephoned a TOPS pal	No sugar for an entire day	Texted or emailed a TOPS pal

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Stayed for a TOPS meeting	Exercised with a friend	Walked in place during a commercial	Drank warm lemon water before dinner 3 times this week	Performed intermittent fasting for 2 days this week
Practiced 5 minutes of deep breathing 2 days this week	Telephoned a TOPS pal	Walked in place during a phone call	Mailed a card to a TOPS pal	Ate my recommended amount of protein 3 days a week
Packed a lunch	Ate 5 veggies 2 days this week	FREE	Kept a food diary for a week	Exercised for 60 minutes in one week
Got 8 hours of sleep at least one night	Meditated for 5 minutes 2 days this week	Complimented myself	Ate 3 fruits 3 days this week	Tried a "skinny" version of a recipe
Texted or emailed a TOPS pal	No sugar for an entire day	Lost weight	No soda or diet soda for a day	Drank the recommended amount of water daily