

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

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Kept a food diary for a week	Ate my recommended amount of protein 3 days a week	FREE	Got 8 hours of sleep at least one night	Ate 3 fruits 3 days this week
Exercised with a friend	No soda or diet soda for a day	Tried a "skinny" version of a recipe	Drank the recommended amount of water daily	Stayed for the entire TOPS meeting
Kept a food diary for a week	Mailed a card or letter to a TOPS pal	Telephoned a TOPS pal	Texted or emailed a TOPS pal	Exercised for 60 minutes in one week

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Telephoned a TOPS pal	Drank the recommended amount of water daily	FREE	Stayed for the entire TOPS meeting	Exercised with a friend
Walked in place during a commercial	Packed a lunch	Performed intermittent fasting for 2 days this week	Walked in place during a phone call	Drank warm lemon water before dinner 3 times this week
Got 8 hours of sleep at least one night	Ate 3 fruits 3 days this week	Meditated for 5 minutes 2 days this week	Conducted a TOPS program	Exercised for 60 minutes in one week