

B	I	N	G	O
Drank water for supper	Ever been best loser	Lost weight last week	Skip seconds	Ate 3-5 veggies a day
Called a Tops pal	Lost tonight	No gains for past 3 weeks	Read food labels	Use portion control
Ate chicken this week	Did a food journal	FREE	Stayed the same this week	Gained this week
Drank 4 glasses water in a day	Exercised during commercials	No snacks after supper	stayed for the meeting	Ate 2-3 servings of fruit a day
Ate salad this week	Exercised twice this week	No fast food this week	Took the stairs	No gain after holiday

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Drank water for supper	Exercised twice this week	No dessert last night	Took the stairs	No gain after holiday

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