

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

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

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