

B	I	N	G	O
Try a new recipe	30 min of Physical Activity	Eat Breakfast	No fast food for the week	Lose 1/2 pound
Choose healthy snacks	Send a TOPS friend encouragement	Lose 1/2 pound	5 Fruit and Vegetables for at least 3 days	Measure food for a day
Read a health article	Use salad plates for meals this week	FREE	Attend a meeting	Keep a food journal for the week
Limit Treats	Plan out your meals for at least 3 days	Lose 1/2 pound	Get at least 8 hours of sleep	Lose 1/2 pound
Eat fish once this week	Avoid Sugary Drinks for the week	Love Yourself	Write a TOPS friend	Drink at least 6 glasses of water

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Use salad plates for meals this week	5 Fruit and Vegetables for at least 3 days	No fast food for the week	Choose healthy snacks	Lose 1/2 pound
Eat Breakfast	Write a TOPS friend	Lose 1/2 pound	Avoid Sugary Drinks for the week	Measure food for a day
Limit Treats	Attend a meeting	FREE	Keep a food journal for the week	30 min of Physical Activity
Get at least 8 hours of sleep	Love Yourself	Try a new recipe	Drink at least 6 glasses of water	Plan out your meals for at least 3 days
Lose 1/2 pound	Lose 1/2 pound	Read a health article	Send a TOPS friend encouragement	Eat fish once this week

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Avoid Sugary Drinks for the week	Love Yourself	5 Fruit and Vegetables for at least 3 days	Lose 1/2 pound	Attend a meeting
Try a new recipe	Limit Treats	Lose 1/2 pound	Send a TOPS friend encouragement	Lose 1/2 pound
Read a health article	Drink at least 6 glasses of water	FREE	Plan out your meals for at least 3 days	Get at least 8 hours of sleep
Use salad plates for meals this week	Measure food for a day	No fast food for the week	Write a TOPS friend	Eat Breakfast
Keep a food journal for the week	30 min of Physical Activity	Lose 1/2 pound	Choose healthy snacks	Eat fish once this week