

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

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

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