B	I	N	G	O
Walking	Calories	Assistant Wt. Recorder	Fat	Running
Limit Alcohol	Eating Less	Treat Yourself Occasionally	Reduce Stress	Carbs
Riding a Bike	Treasurer	**FREE**	Water Aerobics	Co-Leader
Nutrition	Healthy	Drink Your Water	Healthy Weight	TOPS
Leader	Relax	TOPS Pals	Gain	Fruits & Vegetables

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B	I	N	G	O
Loss	Healthy Weight	Fruit Basket	Cut & Burn	Diet Sheet
Love Yourself	Limit Alcohol	Leader	Carbs	Treasurer
Secretary	Healthy	**FREE**	Co-Leader	Vitamins
Water Aerobics	Treat Yourself Occasionally	Calories	Nutrition	Running
Eating Less	Fat	Relax	Riding a Bike	Reduce Stress

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B	I	N	G	O
TOPS	Co-Leader	Diet Sheet	Relax	Limit Alcohol
Eating Less	Riding a Bike	Love Yourself	Calories	Healthy
Assistant Wt. Recorder	Leader	**FREE**	Walking	Cut & Burn
Whole Grains	Weight Recorder	Running	Nutrition	Exercise
Water Aerobics	Carbs	Healthy Weight	Fat	Fruits & Vegetables

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