

B	I	N	G	O
vegetables	accountability	Houston 360	friends	portions
menu	exchanges	tracking	nutrition	tops
water	carbohydrates	FREE	no no	kops
lisa	success	membership	pledge	sugarfree
gamble	motivation	fruit	change	calories

B	I	N	G	O
tops	change	sensibly	kops	carbohydrates
lisa	tracking	calories	water	accountability
no no	portions	FREE	motivation	meetings
menu	exchanges	friends	planning	weigh in
nutrition	success	dues	pledge	Houston 360

B	I	N	G	O
membership	exchanges	no no	vegetables	change
yes yes	weigh in	exercise	calories	portions
nutrition	fitness	FREE	accountability	water
menu	dues	lisa	friends	carbohydrates
kops	gamble	pledge	planning	success