

B	I	N	G	O
Tried a new exercise	Ate 5 servings of fruit	Exercised for 15 mins (ReFit & Stretch class dont count)	Stayed away from snacks for a day	Lost Weight
Contacted a friend	Tried a new healthy recipe	Resisted baked goods for at least 3 days	Ate 5 servings of vegetables	Smiled at a stranger
Stretched for at least 5 mins	Walked 3x/week	FREE	Ate at least 5 servings of fruits or veg for entire week	Gave someone a hug
Lost 0.2 pounds	Stayed for entire meeting	Lost 1 pound	Gave myself a hug	Read 2 articles in TOPS news
Gave myself a compliment	Completed food diary for one week	Slept for 6-7 or more hours at least 3 days	drank 8 glasses of water	Didn't eat after 8pm for 3 days

B	I	N	G	O
Walked 3x/week	Ate 5 servings of vegetables	Stayed away from snacks for a day	Contacted a friend	Resisted baked goods for at least 3 days
Exercised for 15 mins (ReFit & Stretch class dont count)	drank 8 glasses of water	Lost Weight	Completed food diary for one week	Smiled at a stranger
Lost 0.2 pounds	Ate at least 5 servings of fruits or veg for entire week	FREE	Gave someone a hug	Ate 5 servings of fruit
Gave myself a hug	Slept for 6-7 or more hours at least 3 days	Tried a new exercise	Didn't eat after 8pm for 3 days	Stayed for entire meeting
Lost 1 pound	Read 2 articles in TOPS news	Stretched for at least 5 mins	Tried a new healthy recipe	Gave myself a compliment

B	I	N	G	O
Completed food diary for one week	Slept for 6-7 or more hours at least 3 days	Ate 5 servings of vegetables	Read 2 articles in TOPS news	Ate at least 5 servings of fruits or veg for entire week
Tried a new exercise	Lost 0.2 pounds	Lost 1 pound	Tried a new healthy recipe	Lost Weight
Stretched for at least 5 mins	Didn't eat after 8pm for 3 days	FREE	Stayed for entire meeting	Gave myself a hug
Walked 3x/week	Smiled at a stranger	Stayed away from snacks for a day	drank 8 glasses of water	Exercised for 15 mins (ReFit & Stretch class dont count)
Gave someone a hug	Ate 5 servings of fruit	Resisted baked goods for at least 3 days	Contacted a friend	Gave myself a compliment