

B	I	N	G	O
Tried a new exercise	Ate 5 servings of fruit	Drank 8 glasses of water	Smiled at a stranger	Lost 1 pound
Contacted a friend	Stretched for at least 5 mins	Read 2 articles in TOPS news	Ate 5 servings of vegetables	Slept for 6-7 hours or more at least 3 days
Stayed for entire meeting	Tried a new healthy recipe	FREE	Ate at least 5 servings of fruits or vegetables for entire week	Gave myself a hug
Gave someone a hug	Stayed away from snacks for a day	Lost 0.2 pounds	Gave myself a compliment	Lost weight
Exercised for 15 mins (ReFit & Stretch don't count)	Completed food diary for one week	Resisted baked goods for at least 3 days	Walked 3x/week for at least 20 mins	Didn't eat after 8pm for 3 days

B	I	N	G	O
Tried a new healthy recipe	Ate 5 servings of vegetables	Smiled at a stranger	Contacted a friend	Read 2 articles in TOPS news
Drank 8 glasses of water	Walked 3x/week for at least 20 mins	Lost 1 pound	Completed food diary for one week	Slept for 6-7 hours or more at least 3 days
Gave someone a hug	Ate at least 5 servings of fruits or vegetables for entire week	FREE	Gave myself a hug	Ate 5 servings of fruit
Gave myself a compliment	Resisted baked goods for at least 3 days	Tried a new exercise	Didn't eat after 8pm for 3 days	Stayed away from snacks for a day
Lost 0.2 pounds	Lost weight	Stayed for entire meeting	Stretched for at least 5 mins	Exercised for 15 mins (ReFit & Stretch don't count)

B	I	N	G	O
Completed food diary for one week	Resisted baked goods for at least 3 days	Ate 5 servings of vegetables	Lost weight	Ate at least 5 servings of fruits or vegetables for entire week
Tried a new exercise	Gave someone a hug	Lost 0.2 pounds	Stretched for at least 5 mins	Lost 1 pound
Stayed for entire meeting	Didn't eat after 8pm for 3 days	FREE	Stayed away from snacks for a day	Gave myself a compliment
Tried a new healthy recipe	Slept for 6-7 hours or more at least 3 days	Smiled at a stranger	Walked 3x/week for at least 20 mins	Drank 8 glasses of water
Gave myself a hug	Ate 5 servings of fruit	Read 2 articles in TOPS news	Contacted a friend	Exercised for 15 mins (ReFit & Stretch don't count)