TOPS BINGO

stayed the same	ate 3 fruits	did a food diary	made a TOPS recipe	lost .2
complimented yourself	stayed for entire meeting	lost 1 pound	ate 5 veggies	lost inches
served as an officer for TOPS	turned in a food diary	TOPS Free Space	brought a friend to a meeting	encouraged a friend
exercise 3 days	made a hard choice between water or pop	food diary 4 days	drank 8 glasses of water	lost .4 pounds or 1.4
drank 4 glasses of water	cleaned house	lost 2 pounds	walked around during a commercial	contacted a friend

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TOPS BINGO

turned in a food diary	ate 5 veggies	made a TOPS recipe	complimented yourself	lost 1 pound
did a food diary	walked around during a commercial	lost .2	cleaned house	lost inches
exercise 3 days	brought a friend to a meeting	TOPS Free Space	encouraged a friend	ate 3 fruits
drank 8 glasses of water	lost 2 pounds	stayed the same	contacted a friend	made a hard choice between water or pop
food diary 4 days	lost .4 pounds or 1.4	served as an officer for TOPS	stayed for entire meeting	drank 4 glasses of water

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TOPS BINGO

cleaned house	lost 2 pounds	ate 5 veggies	lost .4 pounds or 1.4	brought a friend to a meeting
stayed the same	exercise 3 days	food diary 4 days	stayed for entire meeting	lost .2
served as an officer for TOPS	contacted a friend	TOPS Free Space	made a hard choice between water or pop	drank 8 glasses of water
turned in a food diary	lost inches	made a TOPS recipe	walked around during a commercial	did a food diary
encouraged a friend	ate 3 fruits	lost 1 pound	complimented yourself	drank 4 glasses of water

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