

B	I	N	G	O
stayed for a meeting	ate 3 fruits	drank 4 glasses of water	lost 1 pound	got 8 hours of sleep
cooked real food at home	lost .4	lost .2	ate 5 veggies	lost .4 pounds
lost weight	stayed for entire meeting	FREE	complimented yourself	exercise 3 days
food diary 4 days	lost 2 pounds	gave somebody a hug	exercise	kept a food diary
drank 8 glasses of water	contacted a friend	lost .2 pounds	walked around during a commercial	did a food diary

B	I	N	G	O
stayed for entire meeting	ate 5 veggies	lost 1 pound	cooked real food at home	lost .2
drank 4 glasses of water	walked around during a commercial	got 8 hours of sleep	contacted a friend	lost .4 pounds
food diary 4 days	complimented yourself	FREE	exercise 3 days	ate 3 fruits
exercise	lost .2 pounds	stayed for a meeting	did a food diary	lost 2 pounds
gave somebody a hug	kept a food diary	lost weight	lost.4	drank 8 glasses of water

B	I	N	G	O
contacted a friend	lost .2 pounds	ate 5 veggies	kept a food diary	complimented yourself
stayed for a meeting	food diary 4 days	gave somebody a hug	lost.4	got 8 hours of sleep
lost weight	did a food diary	FREE	lost 2 pounds	exercise
stayed for entire meeting	lost .4 pounds	lost 1 pound	walked around during a commercial	drank 4 glasses of water
exercise 3 days	ate 3 fruits	lost .2	cooked real food at home	drank 8 glasses of water