

B	I	N	G	O
lost weight	Created a food plan	Working on getting more sleep	lost .2 pounds	drank 8 glasses of water
Tried a new recipe	lost 2 pounds	exercised 3 days	Did a good deed	kept food diary 4 days
lost 1 pound	stayed for entire meeting	FREE	Gave somebody a hug	complimented yourself
contacted a friend	lost .4 pounds	drank 4 glasses of water	ate 5 veggies	exercised
ate 3 fruits	Planned a meal Cooked at home	kept a food diary	wrote in a food diary	Used a small plate for my meal

B	I	N	G	O
stayed for entire meeting	Did a good deed	lost .2 pounds	Tried a new recipe	exercised 3 days
Working on getting more sleep	wrote in a food diary	drank 8 glasses of water	Planned a meal Cooked at home	kept food diary 4 days
contacted a friend	Gave somebody a hug	FREE	complimented yourself	Created a food plan
ate 5 veggies	kept a food diary	lost weight	Used a small plate for my meal	lost .4 pounds
drank 4 glasses of water	exercised	lost 1 pound	lost 2 pounds	ate 3 fruits

B	I	N	G	O
Planned a meal Cooked at home	kept a food diary	Did a good deed	exercised	Gave somebody a hug
lost weight	contacted a friend	drank 4 glasses of water	lost 2 pounds	drank 8 glasses of water
lost 1 pound	Used a small plate for my meal	FREE	lost .4 pounds	ate 5 veggies
stayed for entire meeting	kept food diary 4 days	lost .2 pounds	wrote in a food diary	Working on getting more sleep
complimented yourself	Created a food plan	exercised 3 days	Tried a new recipe	ate 3 fruits