

|                                 |                              |                                |                                            |                        |
|---------------------------------|------------------------------|--------------------------------|--------------------------------------------|------------------------|
| <b>B</b>                        | <b>I</b>                     | <b>N</b>                       | <b>G</b>                                   | <b>O</b>               |
| stayed<br>for entire<br>meeting | ate 3<br>fruits              | drank 4<br>glasses<br>of water | lost<br>weight                             | lost .2<br>pounds      |
| contacted<br>a friend           | stayed<br>for a<br>meeting   | lost 1<br>pound                | ate 5<br>veggies                           | lost<br>weight         |
| lost.4                          | turned in<br>a food<br>diary | TTOF                           | complimented<br>yourself                   | exercise<br>3 days     |
| food<br>diary 4<br>days         | lost<br>weight               | lost .2                        | exercise                                   | lost .4<br>pounds      |
| drank 8<br>glasses<br>of water  | contacted<br>a friend        | lost 2<br>pounds               | walked<br>around<br>during a<br>commercial | did a<br>food<br>diary |

|                                |                                            |                                 |                            |                                |
|--------------------------------|--------------------------------------------|---------------------------------|----------------------------|--------------------------------|
| <b>B</b>                       | <b>I</b>                                   | <b>N</b>                        | <b>G</b>                   | <b>O</b>                       |
| turned in<br>a food<br>diary   | ate 5<br>veggies                           | lost<br>weight                  | contacted<br>a friend      | lost 1<br>pound                |
| drank 4<br>glasses<br>of water | walked<br>around<br>during a<br>commercial | lost .2<br>pounds               | contacted<br>a friend      | lost<br>weight                 |
| food<br>diary 4<br>days        | complimented<br>yourself                   | TTOF                            | exercise<br>3 days         | ate 3<br>fruits                |
| exercise                       | lost 2<br>pounds                           | stayed<br>for entire<br>meeting | did a<br>food<br>diary     | lost<br>weight                 |
| lost .2                        | lost .4<br>pounds                          | lost.4                          | stayed<br>for a<br>meeting | drank 8<br>glasses<br>of water |

|                                 |                         |                  |                                            |                                |
|---------------------------------|-------------------------|------------------|--------------------------------------------|--------------------------------|
| <b>B</b>                        | <b>I</b>                | <b>N</b>         | <b>G</b>                                   | <b>O</b>                       |
| contacted<br>a friend           | lost 2<br>pounds        | ate 5<br>veggies | lost .4<br>pounds                          | complimented<br>yourself       |
| stayed<br>for entire<br>meeting | food<br>diary 4<br>days | lost .2          | stayed<br>for a<br>meeting                 | lost .2<br>pounds              |
| lost.4                          | did a<br>food<br>diary  | TTOF             | lost<br>weight                             | exercise                       |
| turned in<br>a food<br>diary    | lost<br>weight          | lost<br>weight   | walked<br>around<br>during a<br>commercial | drank 4<br>glasses<br>of water |
| exercise<br>3 days              | ate 3<br>fruits         | lost 1<br>pound  | contacted<br>a friend                      | drank 8<br>glasses<br>of water |