weight loss

went to a fitness class	30 minutes of strength training	did a 3 day food diary	squats during a commercial break	only had 2 cheat meals for the week
come up with a new goal	walked 3 miles	portion pic-pic of your plate at an event or party	45 minutes of cardio	reached your goal for the week
turned in a food diary	worked out on the weekend	**FREE**	Do something for someone else	food diary 4 days
lost 1 pound	stretch for 20 minutes	lost 2 pounds	drank 8 glasses of water	ordered salad/veggies instead of fries
do something new!	ate 3 veggies in one day	post healthy recipe	workout 5 days	complimented yourself

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

weight loss

worked out on the weekend	45 minutes of cardio	squats during a commercial break	come up with a new goal	portion pic-pic of your plate at an event or party
did a 3 day food diary	workout 5 days	only had 2 cheat meals for the week	ate 3 veggies in one day	reached your goal for the week
lost 1 pound	Do something for someone else	**FREE**	food diary 4 days	30 minutes of strength training
drank 8 glasses of water	post healthy recipe	went to a fitness class	complimented yourself	stretch for 20 minutes
lost 2 pounds	ordered salad/veggies instead of fries	turned in a food diary	walked 3 miles	do something new!

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

weight loss

ate 3 veggies in one day	post healthy recipe	45 minutes of cardio	ordered salad/veggies instead of fries	Do something for someone else
went to a fitness class	lost 1 pound	lost 2 pounds	walked 3 miles	only had 2 cheat meals for the week
turned in a food diary	complimented yourself	**FREE**	stretch for 20 minutes	drank 8 glasses of water
worked out on the weekend	reached your goal for the week	squats during a commercial break	workout 5 days	did a 3 day food diary
food diary 4 days	30 minutes of strength training	portion pic-pic of your plate at an event or party	come up with a new goal	do something new!

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved