

B	I	N	G	O
Pie @ Club	1 Protein Coffee	6 Total Control	Lost 5 or more inches	Gallon Water
4 Shake Teabomb @ Club	Nutrition Class	Hand and body wash	2 Prolessa	Lost 5 lbs
No starch today	Rebuild Shake	FREE	2 Shakes	Conditioner
Face and body sunscreen	Met with Coach	Food journaled	Beverage mix	Hand and body lotion
Am Tea	3 Vitamins Cell Activator	Herbalifeline	Workout done	5 Cell-u-Loss

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Face and body sunscreen	2 Shakes	FREE	Conditioner	1 Protein Coffee
Beverage mix	Herbalifeline	Pie @ Club	5 Cell-u-Loss	Met with Coach
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3 Vitamins Cell Activator	Herbalifeline	2 Prolessa	Hand and body lotion	2 Shakes
Pie @ Club	Face and body sunscreen	Food journalled	Nutrition Class	Gallon Water
No starch today	5 Cell-u-Loss	FREE	Met with Coach	Beverage mix
Rebuild Shake	Lost 5 lbs	Lost 5 or more inches	Workout done	6 Total Control
Conditioner	1 Protein Coffee	Hand and body wash	4 Shake Teabomb @ Club	Am Tea