B	I	N	G	O
turtled tonight	at chicken this wk	exercise during commercials	practice portion control	no cookie tonight
ck food labels this wk	take stairs for 1 day	no gains for 2wks	ate fish this wk	stayed for last meeting
water for supper last night	ate fruit this wk	**FREE**	given a program this year	loss tonight
stay for meeting	lost weight this wk	no snacks after supper	food journal	no fast food this wk
call a Tops pal	skip seconds	ever been an officer	won quarters this year	ever been best loser

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B	I	N	G	O
water for supper last night	won quarters this year	ate fish this wk	lost weight this wk	ck food labels this wk
practice portion control	loss tonight	exercise during commercials	no fast food this wk	ate fruit this wk
given a program this year	at chicken this wk	**FREE**	food journal	no snacks after supper
ever been best loser	turtled tonight	ever been an officer	stay for meeting	call a Tops pal
no cookie tonight	gained last wk	stayed for last meeting	no gains for 2wks	take stairs for 1 day

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B	I	N	G	O
stay for meeting	food journal	water for supper last night	ever been best loser	practice portion control
skip seconds	stayed for last meeting	won quarters this year	lost weight this wk	ate fruit this wk
no snacks after supper	ate fish this wk	**FREE**	given a program this year	exercise during commercials
gained last wk	no cookie tonight	call a Tops pal	at chicken this wk	turtled tonight
take stairs for 1 day	no gains for 2wks	loss tonight	no fast food this wk	ever been an officer

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