

THM BINGO

made a video telling us more about your THM journey	Added a veggie to breakfast for 5 days this week	Made a video with some of your favorite THM tips	ate 5 fruits and veggies for 5 days	Put a snack list on your fridge
Incorporated a super food for 5 days	lost 1/2 pound	Read the SuperFoods Chapter	Did the weekend challenge	Wrote an emotion centered around food in your journal
lost 1 pound	posted a pic of meal prep	FREE	Got 7-9 hours of sleep for 5 days	Posted an NSV
Posted your goals for the week	drank 80 ounces of water for 5 days	Posted your weight on weigh in Wednesday	Planned your meals for the week	Read the Specialty Food Stars Chapter
Made an on plan Vday dessert	Got in 3 days of exercise	Watched the FB live for the week	wrote in food journal for 5 days	Lost waist inches

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posted a pic of meal prep	Did the weekend challenge	ate 5 fruits and veggies for 5 days	Incorporated a super food for 5 days	Read the SuperFoods Chapter
Made a video with some of your favorite THM tips	wrote in food journal for 5 days	Put a snack list on your fridge	Got in 3 days of exercise	Wrote an emotion centered around food in your journal
Posted your goals for the week	Got 7-9 hours of sleep for 5 days	FREE	Posted an NSV	Added a veggie to breakfast for 5 days this week
Planned your meals for the week	Watched the FB live for the week	made a video telling us more about your THM journey	Lost waist inches	drank 80 ounces of water for 5 days
Posted your weight on weigh in Wednesday	Read the Specialty Food Stars Chapter	lost 1 pound	lost 1/2 pound	Made an on plan Vday dessert

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Got in 3 days of exercise	Watched the FB live for the week	Did the weekend challenge	Read the Specialty Food Stars Chapter	Got 7-9 hours of sleep for 5 days
made a video telling us more about your THM journey	Posted your goals for the week	Posted your weight on weigh in Wednesday	lost 1/2 pound	Put a snack list on your fridge
lost 1 pound	Lost waist inches	FREE	drank 80 ounces of water for 5 days	Planned your meals for the week
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