# TOPS BINGO

| | | | | |
|---|---|---|---|---|
| lost 1 pound | Do a program | ate 3 fruits | lost .2 pounds | drank 8 glasses of water |
| Turtle | lost .8 Pounds | exercise | Do a program | food diary 4 days |
| lost .6 pounds | lost 2 pounds | **FREE** | Turned in a food diary | contacted a friend |
| did a food diary | lost .4 pounds | drank 4 glasses of water | contacted a friend | encouraged a friend |
| ate 5 veggies | Turned in food diary | exercise 3 days | lost weight | Turtle |



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# TOPS BINGO

| | | | | |
|---|---|---|---|---|
| lost 2 pounds | Do a program | lost .2 pounds | Turtle | exercise |
| ate 3 fruits | lost weight | drank 8 glasses of water | Turned in food diary | food diary 4 days |
| did a food diary | Turned in a food diary | **FREE** | contacted a friend | Do a program |
| contacted a friend | exercise 3 days | lost 1 pound | Turtle | lost .4 pounds |
| drank 4 glasses of water | encouraged a friend | lost .6 pounds | lost .8 Pounds | ate 5 veggies |



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# TOPS BINGO

| | | | | |
|---|---|---|---|---|
| Turned in food diary | exercise 3 days | Do a program | encouraged a friend | Turned in a food diary |
| lost 1 pound | did a food diary | drank 4 glasses of water | lost .8 Pounds | drank 8 glasses of water |
| lost .6 pounds | Turtle | **FREE** | lost .4 pounds | contacted a friend |
| lost 2 pounds | food diary 4 days | lost .2 pounds | lost weight | ate 3 fruits |
| contacted a friend | Do a program | exercise | Turtle | ate 5 veggies |



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