

TOPS BINGO

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

TOPS BINGO

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

TOPS BINGO

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