

THM BINGO

lost 1 pound	Added 5 new snacks to your snack list	Exercised 4 times this week	Watched the FB live this week	Planned my meals for the week
Did the weekend challenge	drank my water 5 days in a row	Posted an NSV	Added a veggie to your breakfast 5 days this week	Set new goals for the week
Wrote in my journal 5 days this week	lost inches in my waist	FREE	Ate 5 fruits and veggies 5 days this week	Left a social media quote on our page about how this group has helped you
Made a video telling us what your favorite thing about completing the fuel cycle was	Weighed in and reported my weight	Participated in the Love Yourself Challenge	Incorporated 2 superfoods for 5 days this week	Posted a meal prep pic
Got 7-9 hours of sleep for 5 consecutive days	Completed the 1 week fuel cycle	Read the Stubborn Losers Chapter and reviewed the fuel cycle info	stayed on plan for 7 days in a row	Encouraged another member of the group

THM BINGO

lost inches in my waist	Added a veggie to your breakfast 5 days this week	Watched the FB live this week	Did the weekend challenge	Posted an NSV
Exercised 4 times this week	stayed on plan for 7 days in a row	Planned my meals for the week	Completed the 1 week fuel cycle	Set new goals for the week
Made a video telling us what your favorite thing about completing the fuel cycle was	Ate 5 fruits and veggies 5 days this week	FREE	Left a social media quote on our page about how this group has helped you	Added 5 new snacks to your snack list
Incorporated 2 superfoods for 5 days this week	Read the Stubborn Losers Chapter and reviewed the fuel cycle info	lost 1 pound	Encouraged another member of the group	Weighed in and reported my weight
Participated in the Love Yourself Challenge	Posted a meal prep pic	Wrote in my journal 5 days this week	drank my water 5 days in a row	Got 7-9 hours of sleep for 5 consecutive days

THM BINGO

Completed the 1 week fuel cycle	Read the Stubborn Losers Chapter and reviewed the fuel cycle info	Added a veggie to your breakfast 5 days this week	Posted a meal prep pic	Ate 5 fruits and veggies 5 days this week
lost 1 pound	Made a video telling us what your favorite thing about completing the fuel cycle was	Participated in the Love Yourself Challenge	drank my water 5 days in a row	Planned my meals for the week
Wrote in my journal 5 days this week	Encouraged another member of the group	FREE	Weighed in and reported my weight	Incorporated 2 superfoods for 5 days this week
lost inches in my waist	Set new goals for the week	Watched the FB live this week	stayed on plan for 7 days in a row	Exercised 4 times this week
Left a social media quote on our page about how this group has helped you	Added 5 new snacks to your snack list	Posted an NSV	Did the weekend challenge	Got 7-9 hours of sleep for 5 consecutive days