

THM BINGO

posted 3 NSV's this week	Had at least 3 meals and 1 snack each day	Planned meals according the Stubborn Losers Menu for next week	encouraged a friend in our group	Snapped a pic of you meal prepping
Made a video letting us know what your 5 favorite E meals are	made sure to eat enough calories this week	Watched the Facebook Live	Had at least 5 E meals this week	lost 1 pound
tried a new fruit this week	Listened to the fruit poddy	FREE	Read Chapter 10 in the plan book	Read Chapter 4 in the plan book
had at least 25 grams of protein per meal and some for a snack 5 days this week	Snapped & posted a pic of 2 of your E meals	drank 10 glasses of water for 5 days in a row	Posted the personal goal you're focusing on this week	Stayed on plan 100% for 6 days this week
Lost 1 pound	exercised 3 days	Made a video telling us your favorite fruits and your 2-3 take aways from the poddys	wrote in food journal 5 days this week	Measured your waist

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Read Chapter 10 in the plan book	Had at least 3 meals and 1 snack each day	FREE	Posted the personal goal you're focusing on this week	drank 10 glasses of water for 5 days in a row
Measured your waist	posted 3 NSV's this week	Made a video telling us your favorite fruits and your 2-3 take aways from the poddys	had at least 25 grams of protein per meal and some for a snack 5 days this week	Lost 1 pound
Snapped a pic of you meal prepping	Printed out the Meal planning framework for the week	lost 1 pound	Watched the Facebook Live	made sure to eat enough calories this week

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had at least 25 grams of protein per meal and some for a snack 5 days this week	Posted the personal goal you're focusing on this week	tried a new fruit this week	Measured your waist	encouraged a friend in our group
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Printed out the Meal planning framework for the week	Snapped a pic of you meal prepping	Lost 1 pound	Had at least 3 meals and 1 snack each day	posted 3 NSV's this week
made sure to eat enough calories this week	Watched the Facebook Live	Read Chapter 4 in the plan book	Stayed on plan 100% for 6 days this week	Made a video telling us your favorite fruits and your 2-3 take aways from the poddys