

B	I	N	G	O
Track on the app	15 minutes exercise	All weeklies leftover	Track on the app	Stay within daily points
8 glasses of water	Track on the app	Stay within daily points	15 minutes exercise	Track on the app
Track on the app	Weigh or measure portions	FREE	15 minutes of exercise	No snacking after 7pm
No snacking after 7pm	Track on the app	No snacking after 7pm	Hit fit points target	Stay within daily points
Have all fit points leftover	8 glasses of water	Track on the app	Weigh or measure portions	8 glasses of water

B	I	N	G	O
Weigh or measure portions	15 minutes exercise	Track on the app	8 glasses of water	Stay within daily points
All weeklies leftover	Weigh or measure portions	Stay within daily points	8 glasses of water	Track on the app
No snacking after 7pm	15 minutes of exercise	FREE	No snacking after 7pm	15 minutes exercise
Hit fit points target	Track on the app	Track on the app	8 glasses of water	Track on the app
No snacking after 7pm	Stay within daily points	Track on the app	Track on the app	Have all fit points leftover

B	I	N	G	O
8 glasses of water	Track on the app	15 minutes exercise	Stay within daily points	15 minutes of exercise
Track on the app	No snacking after 7pm	No snacking after 7pm	Track on the app	Stay within daily points
Track on the app	8 glasses of water	FREE	Track on the app	Hit fit points target
Weigh or measure portions	Track on the app	Track on the app	Weigh or measure portions	All weeklies leftover
No snacking after 7pm	15 minutes exercise	Stay within daily points	8 glasses of water	Have all fit points leftover