June THM Bingo

lost 1/2 a pound	Completed a stubborn losers menu	Made a new E snack	drank 10 glasses of water for 7 days	Read the S chapter
Listened to the poddy about fruit	lost 1 pound	Wrote out rewards for myself	Completed weekend challenge #1	lost 1 inch
lost 1/2 inch	Completed weekend challenge #2	**FREE**	Wrote in food journal for 5 days	Read Chapter 1
Listened to poddy 115 entitled Get Frugal & Practical at the Grocery Store	Read the E chapter	exercised 4 days in a row	Read the Higher Learning Chapter	ate 3 green veggies for 7 days
listened to a FB live	Made a new S snack	Made a new S meal	Said "no" to a tempting food	Listened to poddy 105 entitled Your Body Wants to Heal

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June THM Bingo

Wrote in food journal for 5 days	Read the S chapter	Completed weekend challenge #2	lost 1 inch	Listened to poddy 105 entitled Your Body Wants to Heal
exercised 4 days in a row	Read Chapter 1	Read the E chapter	lost 1 pound	Completed weekend challenge #1
lost 1/2 inch	drank 10 glasses of water for 7 days	**FREE**	Said "no" to a tempting food	Listened to the poddy about fruit
Made a new E snack	Wrote out rewards for myself	listened to a FB live	Listened to poddy 115 entitled Get Frugal & Practical at the Grocery Store	ate 3 green veggies for 7 days
Completed a stubborn losers menu	lost 1/2 a pound	posted an NSV 3 days in a row	Made a new E meal	Made a new S meal

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June THM Bingo

Wrote in food journal for 5 days	Listened to the poddy about fruit	ate 3 green veggies for 7 days	Made a new E meal	Completed weekend challenge #1
Completed a stubborn losers menu	posted an NSV 3 days in a row	Made a new E snack	lost 1/2 inch	Listened to poddy 115 entitled Get Frugal & Practical at the Grocery Store
lost 1 pound	listened to a FB live	**FREE**	Read the Higher Learning Chapter	drank 10 glasses of water for 7 days
Listened to poddy 105 entitled Your Body Wants to Heal	Said "no" to a tempting food	Read the E chapter	Read Chapter 1	Completed weekend challenge #2
lost 1 inch	Read the S chapter	Made a new S meal	Wrote out rewards for myself	lost 1/2 a pound

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