

B	I	N	G	O
you ate breakfast today	10 minute walk 3X/week	bring a new friend	took the stairs today	joins Curves Complete
been at Curves less than 1 year	wear a Curves t-shirt to workout	made a healthy recipe this week	Is a SilverSneakers member	stretch after today's workout
walks to Curves	you sign up a new member	FREE	Works in Lewiston	has a birthday in March
has less than 500 workouts	use Curves Smart	has weighed and measure this month	has 1500 workouts	knows someone on Curves Complete
had 8 glasses of water today	ate your serving of veggies today	read Diane magazine	you stop smoking	been at Curves more than 5 years

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