

Loose it Bingo!

virtual meeting	2 veggies	exercise 30 minutes	stayed under 23 points	lost 2 pounds
8 glasses of water	tracked for entire day	stayed for a meeting	4 glasses of water	stayed under 23 points
tracked for entire day	walked around during a commercial	FREE	5 veggies	lost .6 pounds
lost 1 pound	tracked for 7 days	lost 1 pound	lost .4 pounds	lost 2 pounds
lost .2 pounds	8 glasses of water	stayed for entire meeting	went for a walk	exercise 15 minutes

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walked around during a commercial	4 glasses of water	stayed under 23 points	8 glasses of water	stayed for a meeting
exercise 30 minutes	went for a walk	lost 2 pounds	8 glasses of water	stayed under 23 points
lost 1 pound	5 veggies	FREE	lost .6 pounds	2 veggies
lost .4 pounds	stayed for entire meeting	virtual meeting	exercise 15 minutes	tracked for 7 days
lost 1 pound	lost 2 pounds	tracked for entire day	tracked for entire day	lost .2 pounds

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8 glasses of water	stayed for entire meeting	4 glasses of water	lost 2 pounds	5 veggies
virtual meeting	lost 1 pound	lost 1 pound	tracked for entire day	lost 2 pounds
tracked for entire day	exercise 15 minutes	FREE	tracked for 7 days	lost .4 pounds
walked around during a commercial	stayed under 23 points	stayed under 23 points	went for a walk	exercise 30 minutes
lost .6 pounds	2 veggies	stayed for a meeting	8 glasses of water	lost .2 pounds