Loose it Bingo

tracked for entire day	3 veggies	8 glasses of water	stayed under 23 points	meal without sweets
7 days at 23 points	tracked for 7 days	stayed for a meeting	4 glasses of water	stayed under 20 points
tracked for 7 days	tracked for entire day	**FREE**	5 veggies	day without sweets
made a healthy food choice	stayed under 23 points	meal without sweets	counted carbs for day	stayed for a meeting
attended virtual meeting	6 glasses of water	stayed for entire meeting	tracked for entire day	8 glasses of water

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Loose it Bingo

tracked for entire day	4 glasses of water	stayed under 23 points	7 days at 23 points	stayed for a meeting
8 glasses of water	tracked for entire day	meal without sweets	6 glasses of water	stayed under 20 points
made a healthy food choice	5 veggies	**FREE**	day without sweets	3 veggies
counted carbs for day	stayed for entire meeting	tracked for entire day	8 glasses of water	stayed under 23 points
meal without sweets	stayed for a meeting	tracked for 7 days	tracked for 7 days	attended virtual meeting

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Loose it Bingo

6 glasses of water	stayed for entire meeting	4 glasses of water	stayed for a meeting	5 veggies
tracked for entire day	made a healthy food choice	meal without sweets	tracked for 7 days	meal without sweets
tracked for 7 days	8 glasses of water	**FREE**	stayed under 23 points	counted carbs for day
tracked for entire day	stayed under 20 points	stayed under 23 points	tracked for entire day	8 glasses of water
day without sweets	3 veggies	stayed for a meeting	7 days at 23 points	attended virtual meeting

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