

Septembers THM Bingo!

Wrote in my food journal for a week	Checked in to the group for a week	Listened to Poddy 121- Take the stress out of your THM journey	Weighed in Week #2	Read Chapter 15- eating out
Incorporated some hormone friendly food into my diet	Wrote in my food journal for 1 week	Read Chp. 9 about snacking Weighed in Week #1	Followed a Menu Plan or Framework	Set Goals for September
Weighed in Week #4	Wrote out a busy meal plan with quick & easy meals my whole family will love	FREE	Got to bed before midnight for 7 days in a row	Listened to Poddy 57- Stop Making This So Hard
Listened to a FB live	Weighed in Week #3	Read Chapter 14-family friendly	Listened to Poddy 31- Stop Overcomplicating it	Read Chapter 19 & identified some drive-thru Sue meals I'd like to add to my busy meal plan
Listened to Poddy 127- All you Need are these 3 things to be Trim & Healthy	Incorporated some gut-friendly foods into my diet	Read or review S E FP Chapters	drank 10 glasses of water for 7 days in a row	Kept up with an exercise routine for the month (3-4 days of exercise/week)

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Read Chapter 14-family friendly	Read Chapter 19 & identified some drive-thru Sue meals I'd like to add to my busy meal plan	Weighed in Week #4	Wrote in my food journal for 1 week	Listened to Poddy 127- All you Need are these 3 things to be Trim & Healthy

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