

Septembers THM Bingo!

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

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

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