# Weight Management Group

| | | | | |
|---|---|---|---|---|
| Used the healthy plate method | Avoided Process Foods | Drank 5 glasses of water daily | Planned your meals for week | Included green veggies in 1 meal |
| Did not use sugar substitutes | Snack on veggies/fruit/nuts | Logged in your food diary daily | Avoided liquid calories | Planned your meals daily |
| Reduced your sugar intake | Walked around during a commercial | **FREE** | Bread was whole wheat only | Eat only fresh veggies |
| Exercised at least 3 days/week | Reduced your salt intake | Exercised at least 5 days/week | Eat only fresh fruits | Included green veggies in 2 meals |
| Drank daily 8 glasses of water | Did not eat fast food/week | Lost at least 2.5 pounds | Walked/exercise with someone | Do not eat hours before bed |

Charleston Epicureans Bingo Card #1 of 3

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# Weight Management Group

| | | | | |
|---|---|---|---|---|
| Walked around during a commercial | Avoided liquid calories | Planned your meals for week | Did not use sugar substitutes | Logged in your food diary daily |
| Drank 5 glasses of water daily | Walked/exercise with someone | Included green veggies in 1 meal | Did not eat fast food/week | Planned your meals daily |
| Exercised at least 3 days/week | Bread was whole wheat only | **FREE** | Eat only fresh veggies | Avoided Process Foods |
| Eat only fresh fruits | Lost at least 2.5 pounds | Used the healthy plate method | Do not eat hours before bed | Reduced your salt intake |
| Exercised at least 5 days/week | Included green veggies in 2 meals | Reduced your sugar intake | Snack on veggies/fruit/nuts | Drank daily 8 glasses of water |



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|---|---|---|---|---|
| Did not eat fast food/week | Lost at least 2.5 pounds | Avoided liquid calories | Included green veggies in 2 meals | Bread was whole wheat only |
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| Eat only fresh veggies | Avoided Process Foods | Logged in your food diary daily | Did not use sugar substitute s | Drank daily 8 glasses of water |

Charleston Epicureans Bingo Card #3 of 3

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