B	I	N	G	O
Resisted takeaway (woo!)	Ate 3 fruits	Did a workout!	Lost 4 pounds!	Listed 2 things I am grateful for
Complimented yourself	Reached out to a friend for a catchup	Lost 12 pound!	Ate 5 veggies	Lost 20 pounds!!
Lost weight	Stayed on plan for a full week	MET MY GOAL (YASSS)	Completed 2000 steps in a day	Exercised 2 days
Got up earlier than usual	Lost 8 pounds!	Had a catch-up with a family member	Drank 8 glasses of water	Lost 1 pound!
Drank 4 glasses of water	Completed a food diary	Lost 14 pounds!	Went for a walk	Cooked a new recipe

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B	I	N	G	O
Stayed on plan for a full week	Ate 5 veggies	Lost 4 pounds!	Complimented yourself	Lost 12 pound!
Did a workout!	Went for a walk	Listed 2 things I am grateful for	Completed a food diary	Lost 20 pounds!!
Got up earlier than usual	Completed 2000 steps in a day	MET MY GOAL (YASSS)	Exercised 2 days	Ate 3 fruits
Drank 8 glasses of water	Lost 14 pounds!	Resisted takeaway (woo!)	Cooked a new recipe	Lost 8 pounds!
Had a catch-up with a family member	Lost 1 pound!	Lost weight	Reached out to a friend for a catchup	Drank 4 glasses of water

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B	I	N	G	O
Completed a food diary	Lost 14 pounds!	Ate 5 veggies	Lost 1 pound!	Completed 2000 steps in a day
Resisted takeaway (woo!)	Got up earlier than usual	Had a catch-up with a family member	Reached out to a friend for a catchup	Listed 2 things I am grateful for
Lost weight	Cooked a new recipe	MET MY GOAL (YASSS)	Lost 8 pounds!	Drank 8 glasses of water
Stayed on plan for a full week	Lost 20 pounds!!	Lost 4 pounds!	Went for a walk	Did a workout!
Exercised 2 days	Ate 3 fruits	Lost 12 pound!	Complimented yourself	Drank 4 glasses of water

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