

B	I	N	G	O
tried a new vegetable	Post on facebook group to motivate or make someone laugh	cooked real food at home	practiced a meditation or relaxation activity	kept a food journal
complimented yourself	tried a new healthy recipe	lost 1 pound	ate 3 fruits twice in a week	lost 5 or more pounds
substituted an unhealthy ingredient for a healthy one	tried an online or video activity class	FREE	ate 5 veggies twice in a week	exercised 3x week
gave somebody a hug	read a new book or watched a new movie	got 8 hours of sleep	exercised 2x week	lost .5 pounds
drank 8 glasses of water	complimented a friend or family member	lost 2 pounds	walked around during a commercial	contacted a friend

B	I	N	G	O
tried an online or video activity class	ate 3 fruits twice in a week	practiced a meditation or relaxation activity	complimented yourself	lost 1 pound
cooked real food at home	walked around during a commercial	kept a food journal	complimented a friend or family member	lost 5 or more pounds
gave somebody a hug	ate 5 veggies twice in a week	FREE	exercised 3x week	Post on facebook group to motivate or make someone laugh
exercised 2x week	lost 2 pounds	tried a new vegetable	contacted a friend	read a new book or watched a new movie
got 8 hours of sleep	lost .5 pounds	substituted an unhealthy ingredient for a healthy one	tried a new healthy recipe	drank 8 glasses of water

B	I	N	G	O
complimented a friend or family member	lost 2 pounds	ate 3 fruits twice in a week	lost .5 pounds	ate 5 veggies twice in a week
tried a new vegetable	gave somebody a hug	got 8 hours of sleep	tried a new healthy recipe	kept a food journal
substituted an unhealthy ingredient for a healthy one	contacted a friend	FREE	read a new book or watched a new movie	exercised 2x week
tried an online or video activity class	lost 5 or more pounds	practiced a meditation or relaxation activity	walked around during a commercial	cooked real food at home
exercised 3x week	Post on facebook group to motivate or make someone laugh	lost 1 pound	complimented yourself	drank 8 glasses of water