



Skinnyo Weight-Loss Bingo!

Bingo Instructions

Host Instructions:

- Decide when to start and select your goal(s)
- Designate a judge to announce events
- Cross off events from the list below when announced

Goals:

- First to get any line (up, down, left, right, diagonally)
- First to get any 2 lines
- First to get the four corners
- First to get two diagonal lines through the middle (an "X")
- First to get all squares (a "coverall")

Guest Instructions:

- Check off events on your card as the judge announces them
- If you satisfy a goal, announce "BINGO!". You've won!
- The judge decides in the case of disputes

This is an alphabetical list of all 24 events:

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

weight loss

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

This bingo card was created randomly from a total of 24 events.

weight loss

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

This bingo card was created randomly from a total of 24 events.