



Skinnyo Weight-Loss Bingo!

Bingo Call Sheet

This is a randomized list of all 24 bingo events in square format that you can mark off in order, choose from randomly, or cut up to pull from a hat:



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