



Eat on Smaller Plate	RELAX for 30 mins of 'YOU' time	Just say NO to "Do you want fries with that?"	Weigh/ Measure Breakfast	Plan Meals Dinner
Post NSV (Non-Scale Victory) in chat thread	REPEAT 3X "I'm Doing This For Me - I'm Worth It"	POST a Healthy Tip you use when eating out	REDUCE clutter in an area in your kitchen	REFUSE to Nibble, Graze or Taste while cooking
Plan Meals Breakfast	Weigh/ Measure Lunch	FREE SQUARE	Give a Goodie or comment on a SparkPage	Try a lightened up Recipe Share with your team
Track every BITE for one full day.	REMOVE unhealthy items from pantry	REFOCUS and say NO to a food temptation or craving	Plan Meals Lunch	Weigh/ Measure Dinner
Stay in your CALORIE RANGE	Post a Motivational Quote in your Chat Thread	Abstain from ALL processed food for ONE meal.	Take a SparkPeople NUTRITION Quiz	Stay Hydrated Swap regular drink for H2O

DIRECTIONS FOR THIS DON'T SUPER SIZE ME BINGO:

One Card for entire WEC. You may combine squares
 5 points per square (25 squares = 125 possible points) Don't forget the **FREE SQUARE**
 BONUS: 10 extra points for each **BINGO** across, down or diagonal
 50 extra points for BLACKOUT CARD (Every square covered)
 TOTAL: _____295 points