

TOPSI Bingo

Each participant pays entry fee of \$1.00

Contest runs until someone BINGO's!

Regular bingo..5 squares, up and down, across or diagonally

Prize: Entry fee monies

Each week draw 3 bingo squares. If you have any of the squares drawn on your "bingo card" and you actually did what it says, then you get to "X" out the squares. Winner is the member who "BINGO'S" first .fills in 5 squares, up and down, across or diagonally.

In case of multiple BINGO's, money will be divided equally among those playing.

Here are some Bingo Squares ideas, you can add to to take away from as needed for your chapter:

Lost weight tonight

Lost last week

Turtled tonight

Turtled last week

Kept a Food chart this week

Won fruit basket in last 3 months

Gained this week

Gained last week

No gains last 3 weeks

Had a net loss for last month

Contacted a TOPS this week

Contacted a KOPS this week

Stayed for last meeting

Weighed in last 3 meetings

Phoned a gainer from last week

Wrote a gainer from last week

Walked 1 mile this week

Exercised twice this week

Went to SRD

No fast foods this week

Drank 8 glasses of water yesterday

Given a program this year

Ate fish this week

Ate chicken this week

Ate salad this week

Ate fruit this week

Ever been an officer

Ever been Best Loser

Brought 3 + chapter mail tonight