

Keto Bingo!

Have Fun & Stay On Track!

- [Click here](#) to generate your unique card. If you'd like to play online, follow the instructions. Otherwise, print your card to mark off manually.
- Each day a new task will be randomly selected from the Bingo Cards. The daily task for Keto Bingo will be posted the night before it's meant to be completed.
- Complete the daily task called out & mark it on your board.
- If you choose not to complete that daily task, skip that day and leave the space unmarked.
- When you complete 5 tasks in a row vertically, horizontally or diagonally, shout out Keto Bingo in the group!
- If you post a video of yourself actually shouting out KETO BINGO, you'll receive a special prize!
- Once a Decoder shouts out Keto Bingo, we clear our boards and start again.

Keto Decoded