

B	i	n	g	O
What motivated you today?	Add an extra 1000 steps to your day	Get 30 minutes of cardio	Stay within your calorie goal 4x	Share a NSV
Find a 100 calorie snack and share	Stretch for 15 minutes	Share a suggestion of what to do if you have the munchies	Completed food diary 3 times	Share three things your grateful
Stretch for 10 minutes	drank 8 glasses of water 3x	FREE	Eat 3 servings of veggies each day 3x this week	Get 7 to 8 hours sleep 3x
Have a 5 minute dance party	Strength train for 15 minutes	Pre record your day and stick to it	Get 60 minutes of cardio	Share a new motivational quote
Get 45 minutes of cardio	Encourage another teammate	Share something that made you smile today	walked around during a commercial	Get 20 minutes of cardio

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