

B	I	N	G	O
Try a new restaurant	10000 steps this week	Cook at home	Take a walk	Have lunch outside
Carrot	Try a new fruit	Meditate	Apple	Shower
Take your medicine	Try new vegetable	FREE	Balanced Diet	Exercise
Go to the gym	Take the stairs	Go vegetarian	Eat fruit	Laugh
Drink water	Be positive	No sugar	Wake up early	Clean clothes

B	I	N	G	O
Try new vegetable	Apple	Take a walk	Carrot	Meditate
Cook at home	Wake up early	Have lunch outside	Be positive	Shower
Go to the gym	Balanced Diet	FREE	Exercise	10000 steps this week
Eat fruit	No sugar	Try a new restaurant	Clean clothes	Take the stairs
Go vegetarian	Laugh	Take your medicine	Try a new fruit	Drink water

B	I	N	G	O
Be positive	No sugar	Apple	Laugh	Balanced Diet
Try a new restaurant	Go to the gym	Go vegetarian	Try a new fruit	Have lunch outside
Take your medicine	Clean clothes	FREE	Take the stairs	Eat fruit
Try new vegetable	Shower	Take a walk	Wake up early	Cook at home
Exercise	10000 steps this week	Meditate	Carrot	Drink water