

B	I	N	G	O
Skip dessert	1 90 minute workout	Double my move ring	Meal prep on Sunday	Go on a bike ride
Do a swim workout	Salad for lunch	Had a protein shake	5 workouts in a week	Run 5 miles
Track food in MFP	Chose a fruit instead of a dessert	Eat 3 fruits in a day	Eat 3 servings of veggies	One day all healthy eating
Eat a salad for lunch	Make a new healthy recipe	Eat 1 serving of fruit	Go to a class at lifetime	Close 3 rings 5x in a week
No kid snacks in a day	Do a yoga class	Walk Norbs 3xs in a week	Do something active with the kids	Eat 1 veggie

B	I	N	G	O
Track food in MFP	Chose a fruit instead of a dessert	Run 5 miles	5 workouts in a week	Close 3 rings 5x in a week
Do something active with the kids	One day all healthy eating	Eat 3 fruits in a day	Go on a bike ride	Make a new healthy recipe
Do a swim workout	Double my move ring	Had a protein shake	Go to a class at lifetime	Skip dessert
Eat a salad for lunch	Do a yoga class	Salad for lunch	Eat 1 serving of fruit	Meal prep on Sunday
No kid snacks in a day	Walk Norbs 3xs in a week	Eat 1 veggie	1 90 minute workout	Eat 3 servings of veggies

B	I	N	G	O
One day all healthy eating	Go to a class at lifetime	Do a yoga class	Do something active with the kids	Eat 1 serving of fruit
Close 3 rings 5x in a week	Eat 1 veggie	Do a swim workout	Eat 3 fruits in a day	Skip dessert
Eat a salad for lunch	No kid snacks in a day	Had a protein shake	Chose a fruit instead of a dessert	Salad for lunch
Track food in MFP	Make a new healthy recipe	Walk Norbs 3xs in a week	5 workouts in a week	1 90 minute workout
Eat 3 servings of veggies	Run 5 miles	Meal prep on Sunday	Double my move ring	Go on a bike ride