

B	I	N	G	O
take a walk for a break during work	10 min meditation	choose a protein shake as a mid-afternoon treat	have tuna for lunch	do a tri-brick
Take Am/PM burn 5xs in a week	sleep 8 hours	eat only 1/2 a bagel for breakfast	3 V-Shred workouts in a week	say "no" to food when stressed
take bike to bike shop	Do 3 days of carb cycling	do 43 push ups every day for a week	do 43 push ups in one day	say "no" to food when not hungry
do a 15 minute ab workout	eat veggies w protien for lunch	close move ring for a full week	do something active instead of food when stressed	Look up triathlon training
run a 10K	achieve one new award on apple watch	win monthly apple watch award	add a veggie to dinner	cottage cheese Tomatoes for lunch or dinner

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