

B	I	N	G	O
one day all healthy eating	5 workouts in a week	choose all 3 rings 5x in a week	go on a bike ride	eat 1 veggie
Meal Prep for the week	no kid snacks in a day	eat 3 servings of veggies in a day	90 minute workout	no food after dinner
run 5 miles	Eat a meal prepped meal	do something active with the kids	double my move ring	make a new healthy recipe
eat 1 serving of fruit	eat a salad for lunch	do a 30 min swim workout	eat 3 fruits in a day	Go to a class at lifetime
have a protein shake	Walk Norbs 3x in a week	salad for lunch	chose a fruit instead of dessert	do a yoga class

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run 5 miles	Eat a meal prepped meal	no food after dinner	90 minute workout	Go to a class at lifetime
chose a fruit instead of dessert	make a new healthy recipe	do something active with the kids	eat 1 veggie	eat a salad for lunch
Meal Prep for the week	cose all 3 rings 5x in a week	eat 3 servings of veggies in a day	eat 3 fruits in a day	one day all healthy eating
eat 1 serving of fruit	Walk Norbs 3x in a week	no kid snacks in a day	do a 30 min swim workout	go on a bike ride
have a protein shake	salad for lunch	do a yoga class	5 workouts in a week	double my move ring

B	I	N	G	O
make a new healthy recipe	eat 3 fruits in a day	Walk Norbs 3x in a week	chose a fruit instead of dessert	do a 30 min swim workout
Go to a class at lifetime	do a yoga class	Meal Prep for the week	do something active with the kids	one day all healthy eating
eat 1 serving of fruit	have a protein shake	eat 3 servings of veggies in a day	Eat a meal prepped meal	no kid snacks in a day
run 5 miles	eat a salad for lunch	salad for lunch	90 minute workout	5 workouts in a week
double my move ring	no food after dinner	go on a bike ride	cose all 3 rings 5x in a week	eat 1 veggie