

B	I	N	G	O
say "no" to food when stressed	250 Cals burned from Workout	achieve one new award on apple watch	eat a salad/veggie	do something active with the kids
Meal Prep for the week	run 5 miles	eat 1 serving of fruit	500 cal workout	have a protein shake
say "no" to food when stressed	90 minute workout	close exercise ring	close move ring	have a protein shake
do a yoga class	eat 3 servings of veggies in a day	choose tea instead of a snack	double my move ring	Go to a class at lifetime
eat a salad/veggie	Stay under MFP	track all food in MFP	Walk Norbs 3x in a week	close all 3 rings 5x in a week

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say "no" to food when stressed	90 minute workout	have a protein shake	500 cal workout	Go to a class at lifetime
Walk Norbs 3x in a week	have a protein shake	close exercise ring	do something active with the kids	eat 3 servings of veggies in a day
Meal Prep for the week	achieve one new award on apple watch	eat 1 serving of fruit	double my move ring	say "no" to food when stressed
do a yoga class	Stay under MFP	run 5 miles	choose tea instead of a snack	eat a salad/veggie
eat a salad/veggie	track all food in MFP	close all 3 rings 5x in a week	250 Cals burned from Workout	close move ring

B	I	N	G	O
have a protein shake	double my move ring	Stay under MFP	Walk Norbs 3x in a week	choose tea instead of a snack
Go to a class at lifetime	close all 3 rings 5x in a week	Meal Prep for the week	close exercise ring	say "no" to food when stressed
do a yoga class	eat a salad/veggie	eat 1 serving of fruit	90 minute workout	run 5 miles
say "no" to food when stressed	eat 3 servings of veggies in a day	track all food in MFP	500 cal workout	250 Cals burned from Workout
close move ring	have a protein shake	eat a salad/veggie	achieve one new award on apple watch	do something active with the kids