

B	I	N	G	O
take a walk for a break during work	10 min meditation	add a veggie to dinner	say "no" to food when not hungry	have a protien shake
Skip Dessert	stay under MFP	have tuna for lunch	250 cal workout	stay under MFP
take a walk for a break during work	500 cal workout	eat 1 veggie	eat only 1/2 a bagel for breakfast	sleep 8 hours
eat veggies w protien for lunch	no kid snacks in a day	choose a protein shake as a mid-afternoon treat	have a salad/veggie	90 min workout
say "no" to food when stressed	Stay under MFP	win monthly apple watch award	achieve one new award on apple watch	close move ring for a full week

B	I	N	G	O
take a walk for a break during work	500 cal workout	stay under MFP	250 cal workout	90 min workout
achieve one new award on apple watch	sleep 8 hours	eat 1 veggie	have a protien shake	no kid snacks in a day
Skip Dessert	add a veggie to dinner	have tuna for lunch	have a salad/veggie	take a walk for a break during work
eat veggies w protien for lunch	Stay under MFP	stay under MFP	choose a protein shake as a mid-afternoon treat	say "no" to food when not hungry
say "no" to food when stressed	win monthly apple watch award	close move ring for a full week	10 min meditation	eat only 1/2 a bagel for breakfast

B	I	N	G	O
sleep 8 hours	have a salad/veggie	Stay under MFP	achieve one new award on apple watch	choose a protein shake as a mid-afternoon treat
90 min workout	close move ring for a full week	Skip Dessert	eat 1 veggie	take a walk for a break during work
eat veggies w protien for lunch	say "no" to food when stressed	have tuna for lunch	500 cal workout	stay under MFP
take a walk for a break during work	no kid snacks in a day	win monthly apple watch award	250 cal workout	10 min meditation
eat only 1/2 a bagel for breakfast	stay under MFP	say "no" to food when not hungry	add a veggie to dinner	have a protien shake