B	I	N	G	O
Try something new	1-2 Servings of fruits/vegetables per day 5 days a week	Be grateful for something 5 days a week	Park farther away	Lifted weights 2 days a week
8 Hours of sleep for 3 days	Try a short daily meditation	No fast food for a week	10 Minutes Physical Activity	Pack lunch/healthy snacks 3 days a week
Try a new healthy recipe	Workout 3 days a week	**FREE**	20 Minutes physical activity	Do something nice for someone
Drink 64oz water per day for 5 days	Spend 20 minutes outside getting fresh air	Helped a stranger	Daily stretches	No Screen/TV Time an hour before bed 3 days a week
Create a goal for yourself	8 000 Steps a Day for 5 days	No soda for 5 days	Workout 5 days a week	Ate Breakfast

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B	I	N	G	O
Workout 3 days a week	10 Minutes Physical Activity	Park farther away	8 Hours of sleep for 3 days	No fast food for a week
Be grateful for something 5 days a week	Workout 5 days a week	Lifted weights 2 days a week	8 000 Steps a Day for 5 days	Pack lunch/healthy snacks 3 days a week
Drink 64oz water per day for 5 days	20 Minutes physical activity	**FREE**	Do something nice for someone	1-2 Servings of fruits/vegetables per day 5 days a week
Daily stretches	No soda for 5 days	Try something new	Ate Breakfast	Spend 20 minutes outside getting fresh air
Helped a stranger	No Screen/TV Time an hour before bed 3 days a week	Try a new healthy recipe	Try a short daily meditation	Create a goal for yourself

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B	I	N	G	O
8 000 Steps a Day for 5 days	No soda for 5 days	10 Minutes Physical Activity	No Screen/TV Time an hour before bed 3 days a week	20 Minutes physical activity
Try something new	Drink 64oz water per day for 5 days	Helped a stranger	Try a short daily meditation	Lifted weights 2 days a week
Try a new healthy recipe	Ate Breakfast	**FREE**	Spend 20 minutes outside getting fresh air	Daily stretches
Workout 3 days a week	Pack lunch/healthy snacks 3 days a week	Park farther away	Workout 5 days a week	Be grateful for something 5 days a week
Do something nice for someone	1-2 Servings of fruits/vegetables per day 5 days a week	No fast food for a week	8 Hours of sleep for 3 days	Create a goal for yourself

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