

B	I	N	G	O
Take the stairs 3x week	10000 steps this week	Eat fruit for dessert	Park further away from the door	Go vegetarian for 5 meals
Ditch sugar guzzle water	Take a 10 min walk outside 3x week	Laugh out loud once a day	Be positive	Sub honey for sweeteners
Watch a sunrise/sunset	Cook at home 3x	FREE	Exercise a little each day	Get up and move every hour for 5 mins
Put down the salt shaker	Go to the gym 3x	Meditate for a few minutes each day.	Eat ice cream one day this week	Have lunch outside
Create your own healthy challenge	Perform a random act of kindness	Do 3 sets of 10 squats 4 days this week	Write down three things you feel grateful for daily	Do a fitness class 3x this week

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Watch a sunrise/sunset	Write down three things you feel grateful for daily	Be positive	Go to the gym 3x	Ditch sugar guzzle water
Park further away from the door	Get up and move every hour for 5 mins	Eat fruit for dessert	Have lunch outside	Cook at home 3x
Exercise a little each day	10000 steps this week	FREE	Eat ice cream one day this week	Meditate for a few minutes each day.
Do a fitness class 3x this week	Take the stairs 3x week	Do 3 sets of 10 squats 4 days this week	Put down the salt shaker	Create your own healthy challenge
Go vegetarian for 5 meals	Eat one piece of chocolate daily	Sub honey for sweeteners	Laugh out loud once a day	Take a 10 min walk outside 3x week

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Put down the salt shaker	Eat ice cream one day this week	Watch a sunrise/sunset	Do a fitness class 3x this week	Park further away from the door
Perform a random act of kindness	Sub honey for sweeteners	Write down three things you feel grateful for daily	Go to the gym 3x	Cook at home 3x
Meditate for a few minutes each day.	Be positive	FREE	Exercise a little each day	Eat fruit for dessert
Eat one piece of chocolate daily	Go vegetarian for 5 meals	Create your own healthy challenge	10000 steps this week	Take the stairs 3x week
Take a 10 min walk outside 3x week	Laugh out loud once a day	Get up and move every hour for 5 mins	Have lunch outside	Do 3 sets of 10 squats 4 days this week