B	I	N	G	O
Take the stairs 3x week	40000 steps this week	Go to the gym 3x	Run a mile 4x a week	Park further away from the door
Do a fitness class 3x this week	Take a group fitness class 2x a week	Put down the salt shaker	60000 steps this week	Take a 20 minute walk 2x this week
Watch a sunrise/sunset	8000 steps	**FREE**	Laugh out loud once a day	Lift weights 3x a week
Take a 10 min walk outside 3x week	Meditate for a few minutes each day.	Run 3 miles 2x a week	Go vegetarian for 5 meals	Perform a random act of kindness
Do 3 sets of 10 squats 4 days this week	Sub honey for sweeteners	Exercise a little each day	Write down three things you feel grateful for daily	Get up and move every hour for 5 mins

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B	I	N	G	O
Watch a sunrise/sunset	Write down three things you feel grateful for daily	60000 steps this week	Meditate for a few minutes each day.	Do a fitness class 3x this week
Run a mile 4x a week	Lift weights 3x a week	Go to the gym 3x	Perform a random act of kindness	8000 steps
Laugh out loud once a day	40000 steps this week	**FREE**	Go vegetarian for 5 meals	Run 3 miles 2x a week
Get up and move every hour for 5 mins	Take the stairs 3x week	Exercise a little each day	Take a 10 min walk outside 3x week	Do 3 sets of 10 squats 4 days this week
Park further away from the door	Have lunch outside	Take a 20 minute walk 2x this week	Put down the salt shaker	Take a group fitness class 2x a week

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B	I	N	G	O
Take a 10 min walk outside 3x week	Go vegetarian for 5 meals	Watch a sunrise/sunset	Get up and move every hour for 5 mins	Run a mile 4x a week
Sub honey for sweeteners	Take a 20 minute walk 2x this week	Write down three things you feel grateful for daily	Meditate for a few minutes each day.	8000 steps
Run 3 miles 2x a week	60000 steps this week	**FREE**	Laugh out loud once a day	Go to the gym 3x
Have lunch outside	Park further away from the door	Do 3 sets of 10 squats 4 days this week	40000 steps this week	Take the stairs 3x week
Take a group fitness class 2x a week	Put down the salt shaker	Lift weights 3x a week	Perform a random act of kindness	Exercise a little each day

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