B	I	N	G	O
Take the stairs 3x week	40000 steps this week	Get up and move every hour for 5 mins	Run a mile 4x a week	Reach 6000 steps 3x this week
Do 50 squats in a day	Take a group fitness class 2x a week	Ride a bike for 30 min everyday	Do 10 jumping jacks & 20 knee lifts every day for a week	Take a 20 minute walk 2x this week
Watch a sunrise/sunset	Do 25 sit-ups a day for a week	**FREE**	Lift weights 3x a week	Perform a random act of kindness
Take a 10 min walk outside 3x week	Put down the salt shaker	Run 3 miles 2x a week	Go to the gym 3x a week	Reach 8000 steps 3x this week
Do 3 sets of 10 squats 4 days this week	Sub honey for sweeteners	Do a 10 min morning stretch every day for a week	Write down three things you feel grateful for daily	Do a fitness class 3x this week

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B	I	N	G	O
Watch a sunrise/sunset	Write down three things you feel grateful for daily	Do 10 jumping jacks & 20 knee lifts every day for a week	Put down the salt shaker	Do 50 squats in a day
Run a mile 4x a week	Perform a random act of kindness	Get up and move every hour for 5 mins	Reach 8000 steps 3x this week	Do 25 sit-ups a day for a week
Lift weights 3x a week	40000 steps this week	**FREE**	Go to the gym 3x a week	Run 3 miles 2x a week
Do a fitness class 3x this week	Take the stairs 3x week	Do a 10 min morning stretch every day for a week	Take a 10 min walk outside 3x week	Do 3 sets of 10 squats 4 days this week
Reach 6000 steps 3x this week	Go up and down stairs 10 times 3x in a week	Take a 20 minute walk 2x this week	Ride a bike for 30 min everyday	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 to the gym 3x a week	Watch a sunrise/sunset	Do a fitness class 3x this week	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	Put down the salt shaker	Do 25 sit-ups a day for a week
Run 3 miles 2x a week	Do 10 jumping jacks & 20 knee lifts every day for a week	**FREE**	Lift weights 3x a week	Get up and move every hour for 5 mins
Go up and down stairs 10 times 3x in a week	Reach 6000 steps 3x this week	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	Ride a bike for 30 min everyday	Perform a random act of kindness	Reach 8000 steps 3x this week	Do a 10 min morning stretch every day for a week

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