

B	I	N	G	O
Take the stairs instead of the elevator	At least 10 000 steps this week	Eat a balanced meal	Read the nutrition facts on food	Includes vegetables in meal
Does yoga or meditation	Sub honey for sweeteners	Is vegetarian	Carries a water bottle	Read once a week
Sleeps for 8 hours or more	Takes walks	FREE	Cook at home	Eats whole foods instead of processed foods
Exercise a little each day	Runs once a week	Get up and move every hour for 5 mins	Eat junk food once a week	Is vegan
Eat fruit for dessert	Does dance	Plays sports	Uses bike as the main source of transportation	Drinks tea

B	I	N	G	O
Takes walks	Carries a water bottle	Read the nutrition facts on food	Does yoga or meditation	Is vegetarian
Eat a balanced meal	Uses bike as the main source of transportation	Includes vegetables in meal	Does dance	Read once a week
Exercise a little each day	Cook at home	FREE	Eats whole foods instead of processed foods	At least 10 000 steps this week
Eat junk food once a week	Plays sports	Take the stairs instead of the elevator	Drinks tea	Runs once a week
Get up and move every hour for 5 mins	Is vegan	Sleeps for 8 hours or more	Sub honey for sweeteners	Eat fruit for dessert

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Does dance	Plays sports	Carries a water bottle	Is vegan	Cook at home
Take the stairs instead of the elevator	Exercise a little each day	Get up and move every hour for 5 mins	Sub honey for sweeteners	Includes vegetables in meal
Sleeps for 8 hours or more	Drinks tea	FREE	Runs once a week	Eat junk food once a week
Takes walks	Read once a week	Read the nutrition facts on food	Uses bike as the main source of transportation	Eat a balanced meal
Eats whole foods instead of processed foods	At least 10 000 steps this week	Is vegetarian	Does yoga or meditation	Eat fruit for dessert