

B	I	N	G	O
Take a walk outside.	Brush teeth.	Help mom around the house.	Spend 15 minutes cleaning your room.	Perform 2 random acts of kindness
Get 8 hours of sleep 3x/week	Take a shower.	Schedule appointments.	Complete an undone task	Spend 15 minutes cleaning a room.
Spend at least 30 minutes doing something you love	Wash dishes.	FREE	Cook a healthy meal at home	No screens for 1 hour before bed 2 nights this week
No social media for 1 whole day	Spend 15 minutes connecting with nature in some way	No soda for one day	Listen to music.	Practice breathing.
Identify something you did this week that you're proud of	Create your own healthy challenge	Schedule rides to appointments.	Wear deodorant.	Get up and move every hour for 5 mins

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