B	I	N	G	O
State positive affirmations in the mirror	Attend a religious service	Eat 3 meals a day	Schedule therapy session w/ a mental health provider*	Meditate for 10 minutes
Cook a recipe posted by Lauren*	Start a new book or podcast*	Plan a vacation*	Check blood pressure	Schedule routine checkup with Dentist*
Spend time with a friend	Try a different exercise technique	**FREE**	Clean & Organize a space at home	Get a massage*
Journal once a day	Spend 15 minutes in nature	Learn a new skill	Get 7-9 hours of sleep	Plan a date with significant other*
Eat lunch with a coworker	Complete 30 minutes of exercise	Schedule a physical*	Volunteer in the community*	Drink water with all 3 meals

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B	I	N	G	O
Try a different exercise technique	Check blood pressure	Schedule therapy session w/ a mental health provider*	Cook a recipe posted by Lauren*	Plan a vacation*
Eat 3 meals a day	Volunteer in the community*	Meditate for 10 minutes	Complete 30 minutes of exercise	Schedule routine checkup with Dentist*
Journal once a day	Clean & Organize a space at home	**FREE**	Get a massage*	Attend a religious service
Get 7-9 hours of sleep	Schedule a physical*	State positive affirmations in the mirror	Drink water with all 3 meals	Spend 15 minutes in nature
Learn a new skill	Plan a date with significant other*	Spend time with a friend	Start a new book or podcast*	Eat lunch with a coworker

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