

B	I	N	G	O
State positive affirmations in the mirror	Check blood pressure	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*	Clean & organize a space at home*	Schedule routine checkup with Dentist*
Spend time with a friend	Try a different exercise technique	FREE	Complete 30 minutes of exercise	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 pre-shift stretching	Schedule a physical*	Volunteer in the community*	Drink water with all 3 meals

B	I	N	G	O
Try a different exercise technique	Clean & organize a space at home*	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 pre-shift stretching	Schedule routine checkup with Dentist*
Journal once a day	Complete 30 minutes of exercise	FREE	Get a massage*	Check blood pressure
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

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