

B	I	N	G	O
Up and down steps 3 times	10 Arm Circles	Do one Randon Act of Kindness	Play a game with family/Friends	Go to bed 10 minutes earlier than yesterday
Belly Breathe - Breath in and out 5 times holding for each 5 seconds	Try to do a split	Meditate for 15 minutes	10 Minutes Cardio	Park the furthest away you can this week
Share a healthy recipe	10 Push-ups	FREE	Make a list of at least five things you are grateful for	Eat a salad as a meal
Eliminate sweets for a day	Rest	Get 7-8 Hours of Sleep	No sugary drinks for a day	Run/Walk 1 Mile
Eat 5 fruits and vegetables	Drink 8 glasses of water	Grab coffee/lunch with a co-worker	10 Situps	15 Minutes Stretching

B	I	N	G	O
Make a list of at least five things you are grateful for	Go to bed 10 minutes earlier than yesterday	10 Push-ups	Share a healthy recipe	10 Situps
Play a game with family/Friends	Eat a salad as a meal	Eliminate sweets for a day	Try to do a split	10 Minutes Cardio
Wall-sit 1 minute	Grab coffee/lunch with a co-worker	FREE	Belly Breathe - Breath in and out 5 times holding for each 5 seconds	Do one Randon Act of Kindness
No sugary drinks for a day	Park the furthest away you can this week	Meditate for 15 minutes	Rest	15 Minutes Stretching
10 Arm Circles	Up and down steps 3 times	Workout to an exercise video of your choice	Dance to a song you love	Drink 8 glasses of water

B	I	N	G	O
Make a list of at least five things you are grateful for	Belly Breathe - Breath in and out 5 times holding for each 5 seconds	No sugary drinks for a day	Dance to a song you love	10 Minutes Cardio
10 Arm Circles	Workout to an exercise video of your choice	Wall-sit 1 minute	15 Minutes Stretching	Try to do a split
Choose an activity outside for 30 minutes	Rest	FREE	Get 7-8 Hours of Sleep	Park the furthest away you can this week
Grab coffee/lunch with a co-worker	Eliminate sweets for a day	Eat a salad as a meal	10 Push-ups	Run/Walk 1 Mile
10 Situps	Share a healthy recipe	Go to bed 10 minutes earlier than yesterday	Do one Random Act of Kindness	Meditate for 15 minutes