

B	I	N	G	O
Take a "healthy selfie" after a workout or a nutritious meal.	Challenge a friend to a step-count competition for the day.	Dance for 10 minutes to your favorite upbeat song.	Join an online fitness challenge or competition.	Drink 8 glasses of water in a day.
Create a fun and healthy smoothie bowl decorating it with colorful toppings.	Practice gratitude by writing down three things you're thankful for today.	Have a "Kitchen Dance Party" while preparing a healthy meal.	Challenge yourself to do 100 jumping jacks throughout the day.	Host a healthy recipe cook-off with friends or family.
Plan and prep your meals for the next day.	Track your food intake for the day.	FREE	Challenge yourself to do a plank for as long as you can	Do 15 minutes of yoga or meditation.
Do 20 squats.	Park farther away and walk to your destination.	Do Breath of fire.	Do 10 minutes of stretching.	Drink 8 glasses of water today.
Design and complete a mini "Obstacle Course" in your backyard or living room.	Challenge yourself to get up and move every time you receive a phone call.	Have a themed workout day - superhero poses anyone?	Try a new exotic fruit or vegetable from your local grocery store .	Create a vision board with images and words that inspire your weight loss journey.

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