

B	I	N	G	O
Try a short daily meditation	1-2 Servings of fruits/vegetables	Be grateful for something in your day	Skip fast food lunch	Drink less soda
8 Hours of sleep	Try a new healthy recipe a week or a month	Less Screen Time/TV Time	10 Minutes Physical Activity	Park farther away
Take the stairs	Try something new	FREE	20 Minutes physical activity	Did something positive for yourself
Do something nice for someone	Spend (X) amount of minutes outside getting fresh air	Drink 64oz water	Daily stretches	Incorporate weights into your routine
Create a goal for yourself	8 000 Steps a Day	Pack lunch/healthy snacks	Workout 3 days a week	Ate Breakfast

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Did something positive for yourself	1-2 Servings of fruits/vegetables	Less Screen Time/TV Time	8 Hours of sleep	Create a goal for yourself