

B	I	N	G	O
Try deep breathing before bed	10 minutes of mindfulness	Eat vegetables at every meal	Take a yoga class	Move for 1 minute every hour
Do something that makes you happy	Try a new workout	Schedule your annual physical	Choose the furthest parking spot	Take a walk after a meal
Try a new healthy recipe	Unplug from devices for 1 hour	FREE	Complete a workout with a partner	Get 8 hours of sleep
Go for a 15 minute tech-free walk	Take at least 10 000 steps	Make a meal with 5 colors	Find an accountability buddy	Plan your meals for the week
Explore coaching resources	Create a journal entry	Swap sugary drinks with water	Write down a goal for the week	Drink 8 glasses of water

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