

B	I	N	G	O
Take the stairs not the elevator	3 Sets of 10 Squats	Drinks more than 8 glasses of water	Reduce screen time by 5 hours	Laugh
Does not do any sport	Stretch for 15 minutes	Meditate/do yoga for 20 minutes	4 Servings of Veggies in a Day	No junk foods
Sleeps 8 hours	Try a New Fitness Activity	Declutter your closet	Get at least 8 hours of sleep	Do cardio for 30 min for 5 days
Has a positive role model	Run Walk or Bike for 30 minutes	Influenced positively by peers	Skip the fast food restaurant	Eat 4 Servings of vegetable
Lift weights 3 days in a week	Eat 2-3 servings of fruit	Do Bicycles on commercial breaks	No Junk Food for 1 Week	Eat a healthy Breakfast

B	I	N	G	O
3 Sets of 10 Squats	Influenced positively by peers	Does not do any sport	Lift weights 3 days in a week	Take the stairs not the elevator
Do Bicycles on commercial breaks	Try a new healthy recipe	Try a New Fitness Activity	Declutter your closet	Reduce screen time by 5 hours
Meditate/do yoga for 20 minutes	Drinks more than 8 glasses of water	4 Servings of Veggies in a Day	Do cardio for 30 min for 5 days	Get at least 8 hours of sleep
Has a positive role model	Eat a healthy Breakfast	Eat 4 Servings of vegetable	No junk foods	No Junk Food for 1 Week
Stretch for 15 minutes	Skip the fast food restaurant	Sleeps 8 hours	Laugh	Eat 2-3 servings of fruit

B	I	N	G	O
Do Bicycles on commercial breaks	No Junk Food for 1 Week	4 Servings of Veggies in a Day	Lift weights 3 days in a week	Declutter your closet
Stretch for 15 minutes	Take the stairs not the elevator	Get at least 8 hours of sleep	Influenced positively by peers	Sleeps 8 hours
Skip the fast food restaurant	Does not do any sport	Eat 4 Servings of vegetable	Try a New Fitness Activity	Drink 6-8 glasses of water
No junk foods	Reduce screen time by 5 hours	Try a new healthy recipe	Run Walk or Bike for 30 minutes	Drinks more than 8 glasses of water
Eat a healthy Breakfast	Laugh	Do cardio for 30 min for 5 days	3 Sets of 10 Squats	Meditate/do yoga for 20 minutes