

B	I	N	G	O
Spend 15 minutes connecting with nature in some way	Add a new goal to your Wellness Plan	Do something creative	No soda for one day	Listen to music
Cook a healthy meal at home 3x/wk	Send coach a pic of some of your favorite things	Meditate for at least 3 minutes each day.	Call a friend or loved one	No social media for 1 whole day
Read for 1 hour	Spend at least 30 minutes doing something you love	FREE	Complete 10000 steps 1 day this week	Get 8 hours of sleep 3x/week
Get up and move every hour for 5 mins	Perform 2 random acts of kindness	Identify something you did this week that you're proud of	Eat at least 5 servings of vegetables 3 days/wk	Make a gratitude list
Drink 24oz water 4 days this week	Complete an undone task	No screens for 1 hour before bed 2 nights this week	Treat yourself with something special	Create your own healthy challenge

B	I	N	G	O
Spend at least 30 minutes doing something you love	Call a friend or loved one	No soda for one day	Cook a healthy meal at home 3x/wk	Meditate for at least 3 minutes each day.
Do something creative	Treat yourself with something special	Listen to music	Complete an undone task	No social media for 1 whole day
Get up and move every hour for 5 mins	Complete 10000 steps 1 day this week	FREE	Get 8 hours of sleep 3x/week	Add a new goal to your Wellness Plan
Eat at least 5 servings of vegetables 3 days/wk	No screens for 1 hour before bed 2 nights this week	Spend 15 minutes connecting with nature in some way	Create your own healthy challenge	Perform 2 random acts of kindness
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Read for 1 hour	Create your own healthy challenge	FREE	Perform 2 random acts of kindness	Eat at least 5 servings of vegetables 3 days/wk
Spend at least 30 minutes doing something you love	No social media for 1 whole day	No soda for one day	Treat yourself with something special	Do something creative
Get 8 hours of sleep 3x/week	Add a new goal to your Wellness Plan	Meditate for at least 3 minutes each day.	Cook a healthy meal at home 3x/wk	Drink 24oz water 4 days this week