

B	I	N	G	O
Take Sherri to Concert	Be more Active (3x week)	Game Night Weekly	Read Bible	Lose 30 pounds - 216
Drink 100oz of Water a Day	Save \$5 000 for Wedding	Meal Plan Weekly	Clean a Room a Week	Read 5 Books
Reduce A1c to 8	Take a Walk Weekly	FREE	Couples Bingo	Limit Screen Time
Limit Unhealthy Snacks	Reduce A1c to 7	Lose 15 pounds - 231	Kayaking Monthly	Massage - foot/body weekly for Sherri
Hocking Hills	Date Night Monthly	Preach Sermon at Church	Yoga/Stretching Daily	Eat 3 fruits/vegetables a day

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