

B	I	N	G	O
Walk 10 000 Steps a Day for 300/365days	Bi-weekly Date Nights (1home 1out)	Get Personal Training Certificate	See a Counsellor 1x Month	Make a new Friend
Complete 2 50km Races	Visit with one friend once a week (walk or coffee)	Re-organize and Clean up Laundry/Storage Room	Book 10 Trips for Travel Business	Redo Kitchen
Travel out of Country	Work with a Nutritionist	FREE	Call Parents 2x a month	Increase Protein Intake
Join/Start a Book Club	Take 2 Professional Development Courses for Work (Leadership)	Lose 10lbs (135 goal weight)	Host/Plan a Girls Night 4x this year	No Online Purchases for 30 days
Hike Arizona/Utah	Clean out Spare Room	Read/Listen to 35 Books	Yoga 1x week	Complete Full Stoked Trans Selkirks

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