

B	I	N	G	O
Stay Active	Avoid Junk Food	Eat Vegetables	Limit Sugar	Healthy Fats
Drink Water	Sleep Well	Hydrate Frequently	Avoid Processed Foods	Read Labels
Take a Break	Balanced Meals	Free Space	Fresh Fruits	Portion Control
Healthy Breakfast	Limit Caffeine	Exercise Regularly	Healthy Snacks	Cook at Home
Meal Prep	Eat Mindfully	Whole Grains	Eat Protein	Fiber-Rich Foods

B	I	N	G	O
Take a Break	Balanced Meals	Read Labels	Avoid Processed Foods	Cook at Home
Eat Protein	Portion Control	Free Space	Healthy Fats	Limit Caffeine
Drink Water	Eat Vegetables	Hydrate Frequently	Healthy Snacks	Stay Active
Healthy Breakfast	Eat Mindfully	Sleep Well	Exercise Regularly	Limit Sugar
Meal Prep	Whole Grains	Fiber-Rich Foods	Avoid Junk Food	Fresh Fruits

B	I	N	G	O
Portion Control	Healthy Snacks	Eat Mindfully	Eat Protein	Exercise Regularly
Cook at Home	Fiber-Rich Foods	Drink Water	Free Space	Stay Active
Healthy Breakfast	Meal Prep	Hydrate Frequently	Balanced Meals	Sleep Well
Take a Break	Limit Caffeine	Whole Grains	Avoid Processed Foods	Avoid Junk Food
Fresh Fruits	Read Labels	Limit Sugar	Eat Vegetables	Healthy Fats