

B	I	N	G	O
Try a new restaurant	Be positive	Exercise 3 times this week	Take a walk	Meditate for a few minutes each day.
Eat fruit for dessert	Try a new fruit/vegetable	Perform a random act of kindness	Count your sodium intake for 1 day	Sub honey for sweeteners
Take your meds as prescribed	Watch a sunrise/sunset	FREE	Create your own healthy challenge	Get up and move every few hours for 5 mins
Go vegetarian for 2 meals	Take the stairs	Laugh out loud once a day	Get 7-9hrs of sleep a night	Park further away from the door
Exercise a little each day	Drink water every day	Put down the salt shaker	Write down three things you feel grateful for daily	Eat ice cream one day this week

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