

B	I	N	G	O
Have you ever stayed on your phone right before bed?	Have you ever avoided sugar for a whole day?	Have you ever drunk only water for a whole day (no soda/juice)?	Have you ever played sports with friends?	Have you ever felt more focused after doing exercise?
Have you ever done yoga or stretching?	Have you ever spent a full day without any physical activity?	Have you ever gone to bed before 10 p.m.?	Have you ever brushed your teeth twice in one day?	Have you ever helped someone and felt good about it?
Have you ever skipped breakfast?	Have you ever walked more than 5 000 steps in a day?	FREE	Have you ever chosen stairs instead of an elevator?	Have you ever eaten vegetables today?
Have you ever exercised for more than 30 minutes?	Have you ever read food labels before eating something?	Have you ever felt better after drinking water when tired?	Have you ever eaten fruit instead of sweets?	Have you ever gone outside just to get fresh air?
Have you ever eaten fast food more than twice in a week?	Have you ever done a digital detox (no phone for a few hours)?	Have you ever had less than 4 hours of sleep in one night?	Have you ever washed your hands before eating?	Have you ever drunk 1 liter of water in a day?

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