

B	I	N	G	O
stayed on plan	25000 steps in a week	did an exercise out of the jar	no sweets	exercised for 30 minutes
ate 5 veggies	stayed on plan	exercised for 60 minutes	5000 steps in a day	me time
read the nutrition label of a food item	tried a new healthy recipe	FREE	7500 steps in a day	drank 8 glasses of water in a day
exercise 3 days	parked further from entrance at store/work	exercised for 15 minutes	drank 8 glasses of water	exercised for 45 minutes
drank 4 glasses of water	ate 3 fruits	food diary 4 days	walked with a friend	did a food diary

B	I	N	G	O
tried a new healthy recipe	5000 steps in a day	no sweets	ate 5 veggies	exercised for 60 minutes
did an exercise out of the jar	walked with a friend	exercised for 30 minutes	ate 3 fruits	me time
exercise 3 days	7500 steps in a day	FREE	drank 8 glasses of water in a day	25000 steps in a week
drank 8 glasses of water	food diary 4 days	stayed on plan	did a food diary	parked further from entrance at store/work
exercised for 15 minutes	exercised for 45 minutes	read the nutrition label of a food item	stayed on plan	drank 4 glasses of water

B	I	N	G	O
ate 3 fruits	food diary 4 days	5000 steps in a day	exercised for 45 minutes	7500 steps in a day
stayed on plan	exercise 3 days	exercised for 15 minutes	stayed on plan	exercised for 30 minutes
read the nutrition label of a food item	did a food diary	FREE	parked further from entrance at store/work	drank 8 glasses of water
tried a new healthy recipe	me time	no sweets	walked with a friend	did an exercise out of the jar
drank 8 glasses of water in a day	25000 steps in a week	exercised for 60 minutes	ate 5 veggies	drank 4 glasses of water