

B	I	N	G	O
Try a new fruit/vegetable	10000 steps this week	Exercise a little each day	Read for fun	Meditate for a few minutes each day.
Eat fruit for dessert	Try a healthy recipe	Perform a random act of kindness	Ditch sugar guzzle water	Take the stairs
Watch a sunrise/sunset	Do a crossword puzzle	FREE	Go to the gym 3x	Have lunch outside
Take a walk outside	Laugh out loud once a day	Put down the saltshaker	Get 8 hours of sleep	Park further away from the door
Drink 8 8oz of water in a day	Sub honey for sweeteners	Eat ice cream one day this week	Write down three things you feel grateful for daily	Eat one piece of chocolate daily

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Go to the gym 3x	10000 steps this week	FREE	Get 8 hours of sleep	Put down the saltshaker
Eat one piece of chocolate daily	Try a new fruit/vegetable	Eat ice cream one day this week	Take a walk outside	Drink 8 8oz of water in a day
Meditate for a few minutes each day.	Get up and move every hour for 5 mins	Take the stairs	Perform a random act of kindness	Try a healthy recipe

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Sub honey for sweeteners	Take the stairs	Write down three things you feel grateful for daily	Laugh out loud once a day	Do a crossword puzzle
Put down the saltshaker	Ditch sugar guzzle water	FREE	Go to the gym 3x	Exercise a little each day
Get up and move every hour for 5 mins	Meditate for a few minutes each day.	Drink 8 8oz of water in a day	10000 steps this week	Try a new fruit/vegetable
Try a healthy recipe	Perform a random act of kindness	Have lunch outside	Park further away from the door	Eat ice cream one day this week