B	I	N	G	O
Spend 15 minutes connecting with nature in some way	Add a new goal to your Wellness Plan	Do something creative	No soda for one week	Listen to music
Cook a healthy meal at home 3x/wk	Send a friend a lovely photo nature or family	Meditate for at least 3 minutes each day.	Call a friend or loved one	No social media for 1 whole day
Read for 1 hour	Spend at least 30 minutes doing something you love this week	**FREE**	Complete 10000 steps 1 day this week	Get 8 hours of sleep 3x/week
Get up and move every hour for 5 mins	Performed one random acts of kindness	Identify something you did this week that you're proud of	Eat at least 5 servings of vegetables 3 days/wk	Make a gratitude list
Drink enough water every day	Complete an undone task	No screens for 1 hour before bed 2 nights this week	Treat yourself with something special	Create your own healthy challenge

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B	I	N	G	O
Spend at least 30 minutes doing something you love this week	Call a friend or loved one	No soda for one week	Cook a healthy meal at home 3x/wk	Meditate for at least 3 minutes each day.
Do something creative	Treat yourself with something special	Listen to music	Complete an undone task	No social media for 1 whole day
Get up and move every hour for 5 mins	Complete 10000 steps 1 day this week	**FREE**	Get 8 hours of sleep 3x/week	Add a new goal to your Wellness Plan
Eat at least 5 servings of vegetables 3 days/wk	No screens for 1 hour before bed 2 nights this week	Spend 15 minutes connecting with nature in some way	Create your own healthy challenge	Performed one random acts of kindness
Identify something you did this week that you're proud of	Make a gratitude list	Read for 1 hour	Send a friend a lovely photo nature or family	Drink enough water every day

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B	I	N	G	O
Complete an undone task	No screens for 1 hour before bed 2 nights this week	Call a friend or loved one	Make a gratitude list	Complete 10000 steps 1 day this week
Spend 15 minutes connecting with nature in some way	Get up and move every hour for 5 mins	Identify something you did this week that you're proud of	Send a friend a lovely photo nature or family	Listen to music
Read for 1 hour	Create your own healthy challenge	**FREE**	Performed one random acts of kindness	Eat at least 5 servings of vegetables 3 days/wk
Spend at least 30 minutes doing something you love this week	No social media for 1 whole day	No soda for one week	Treat yourself with something special	Do something creative
Get 8 hours of sleep 3x/week	Add a new goal to your Wellness Plan	Meditate for at least 3 minutes each day.	Cook a healthy meal at home 3x/wk	Drink enough water every day

Healthy Habits Bingo Card #3 of 3

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