

B	I	N	G	O
Take a new class	10 000 steps this week	Eat a new vegetable	Pass up desert	Go to bed 30 mins early this week
Ditch sugar guzzle water	Swap out fries for fruit/veggies	Laugh out loud	Add nuts to the menu	Sub in Honey for Sweeteners
Try a new food this week	Be positive	FREE	Get an overdue Physical	Get moving every hour
Replace white rice with brown rice or quinoa	Go Vegetarian for a meal	Pack a healthy lunch	Eat clean not processed	Go to the Gym this week
Cut back on booze	Put down the salt shaker	Do 100 push ups this week	Watch a sun rise/set this week	Eat a new vegetable

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Get an overdue Physical	10 000 steps this week	FREE	Eat clean not processed	Pack a healthy lunch
Eat a new vegetable	Take a new class	Do 100 push ups this week	Replace white rice with brown rice or quinoa	Cut back on booze
Go to bed 30 mins early this week	Eat in cook at home	Sub in Honey for Sweeteners	Laugh out loud	Swap out fries for fruit/veggies

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Pack a healthy lunch	Add nuts to the menu	FREE	Get an overdue Physical	Eat a new vegetable
Eat in cook at home	Go to bed 30 mins early this week	Cut back on booze	10 000 steps this week	Take a new class
Swap out fries for fruit/veggies	Laugh out loud	Get moving every hour	Go to the Gym this week	Do 100 push ups this week