

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

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