

B	I	N	G	O
Try a new food for a week	10000 steps for this week	Eat clean not processed for 3x for a week	Put down the salt shaker for 5 meals	Laugh out loud once a day for a week
Ditch sugar guzzle water for a week	Take a new class (Cooking Art or Fitness)	Park further away from the door this week	15min stretching every day for a week	Swap out fries for fruit/veggies this week
Watch a sun rise/set this week	Add nuts to the menu 2 or 3 times this week.	Go Vegetarian for a meal 3x this week	Go to bed 30mins. early for a week	Sub in honey for sweeteners for one week
Go to the Gym 3x this week	Pass up desert for a week	Eat in cook at home 3x this week	Pack a healthy lunch 3x this week	Be Positive for a week
Replace white rice with brown rice or quinoa for 3 meals this week	Do 100 push ups this week	When you can take the stairs this week	Eat a new vegetable 2 or 3 times this week	Get up and move every hour for 10-15 mins this week

B	I	N	G	O
Watch a sun rise/set this week	Add nuts to the menu 2 or 3 times this week.	Swap out fries for fruit/veggies this week	15min stretching every day for a week	Be Positive for a week
Eat a new vegetable 2 or 3 times this week	Sub in honey for sweeteners for one week	Go Vegetarian for a meal 3x this week	Laugh out loud once a day for a week	Pass up desert for a week
Ditch sugar guzzle water for a week	Eat clean not processed for 3x for a week	Park further away from the door this week	Pack a healthy lunch 3x this week	Try a new food for a week
Go to the Gym 3x this week	Do 100 push ups this week	Take a new class (Cooking Art or Fitness)	Eat in cook at home 3x this week	Put down the salt shaker for 5 meals
Replace white rice with brown rice or quinoa for 3 meals this week	When you can take the stairs this week	Get up and move every hour for 10-15 mins this week	10000 steps for this week	Go to bed 30mins. early for a week

B	I	N	G	O
Sub in honey for sweeteners for one week	Pack a healthy lunch 3x this week	Do 100 push ups this week	Eat a new vegetable 2 or 3 times this week	Eat in cook at home 3x this week
Be Positive for a week	Get up and move every hour for 10-15 mins this week	Ditch sugar guzzle water for a week	Go Vegetarian for a meal 3x this week	Try a new food for a week
Go to the Gym 3x this week	Replace white rice with brown rice or quinoa for 3 meals this week	Park further away from the door this week	Add nuts to the menu 2 or 3 times this week.	Take a new class (Cooking Art or Fitness)
Watch a sun rise/set this week	Pass up desert for a week	When you can take the stairs this week	15min stretching every day for a week	10000 steps for this week
Go to bed 30mins. early for a week	Swap out fries for fruit/veggies this week	Put down the salt shaker for 5 meals	Eat clean not processed for 3x for a week	Laugh out loud once a day for a week