B	I	N	G	O
Try a new food for a week	10000 steps for this week	Eat clean not processed 3x this week	Put down the salt shaker for 5 meals this week	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	15 min 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 2x this week	Go Vegetarian for 3 mealsx this week	Go to Bed 30 mins early for a week	Sub in honey for sweeteners for a week
Go to the Gym 3x this week	Pass up dessert 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 2x this week	Get up and move every hour for 5mins this week

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B	I	N	G	O
Watch a sun rise/set this week	Add nuts to the menu 2x this week	Swap out fries for Fruit/Veggies this week	15 min stretching every day for a week	Be Positive for a week
Eat a new vegetable 2x this week	Sub in honey for sweeteners for a week	Go Vegetarian for 3 mealsx this week	Laugh out loud once a day for a week	Pass up dessert for a week
Ditch sugar guzzle water for a week	Eat clean not processed 3x this 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 this week
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 5mins this week	10000 steps for this week	Go to Bed 30 mins early for a week

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B	I	N	G	O
Sub in honey for sweeteners for a week	Pack a healthy lunch 3x this week	Do 100 Push Ups this week	Eat a new vegetable 2x this week	Eat in - Cook at home 3x this week
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