B	I	N	G	O
Try a new food this 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 this week
Ditch sugar guzzle water this week	Take a new class (cooking art or fitness)	Park further away from the door this week	15 min stretching 3x this 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 3x meals this week	Go to Bed 30 mins early this week	Sub in honey for sweeteners for this week
Go to the Gym 3x this week	Pass up dessert this week	Eat in - Cook at home 3x this week	Pack a healthy lunch 3x this week	Be Positive for this 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 5 mins 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 3x this week	Be Positive for this week
Eat a new vegetable 2x this week	Sub in honey for sweeteners for this week	Go Vegetarian for 3x meals this week	Laugh out loud once a day this week	Pass up dessert this week
Ditch sugar guzzle water this 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 this 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 5 mins this week	10000 steps for this week	Go to Bed 30 mins early this week

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B	I	N	G	O
Sub in honey for sweeteners for this 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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