

B	I	N	G	O
When you can take the stairs this week	10 000 steps this week	Eat clean not processed 3x this week	Replace white rice with brown rice or quinoa this week	Laugh out loud once a day this week
Do 100 push ups this week	Watch a sun rise/set this week	Put down the salt shaker this week	15min stretching 3x this week	Try a new food this week
park further away from the door this week	Be Positive for this week	Go Vegetarian for 3 meals this week	Go to bed 30 mins early 3 nights this week	Take a new class (cooking art or fitness)
Go to the gym 3x this week	Read a book this week	Eat in - Cook at home 3x this week	Pack a healthy lunch 3x this week	Ditch sugar guzzle water this week
Swap out fries for Fruit/Veggies this week	Eat Fruit for dessert this week	sub in honey for sweeteners for this week	Eat a new vegetable this week	Get up and move every hour for 5 mins this week

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