

B	I	N	G	O
Watch a sun rise/set this week	10000 steps this week	Eat fruit for dessert this week	Read a book this week	Laugh out loud once a day this week
Do 100 push ups this week	Try a new food this week	Park further away from the door this week	15 min stretching 3x this week	Take a new class (cooking art or fitness)
When you can take the stairs this week	Be Positive for the week	Go to bed 30 mins early 3 nights this week	Go to the Gym 3x this week	Swap out fries for fruit/veggies this week
Gut up and move every hour this week	Put down the salt shaker this week	Eat in-cook at home 3x this week	Pack a healthy lunch 3x this week	Ditch sugar guzzle water this week
Sub in honey for sweeteners this week	Eat a new vegetable this week	your Choice	Eat clean not processed 3x this week	Go Vegetarian for 3 meals this week

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Eat clean not processed 3x this week	Swap out fries for fruit/veggies this week	Go to bed 30 mins early 3 nights this week	Laugh out loud once a day this week	Put down the salt shaker this week
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