

B	I	N	G	O
Try a new food this week	10 min stretching 3x this week	Eat clean not processed 3x this week	Put down the salt shaker this week	Go to the gym 3x this week
Ditch sugar guzzle water this week	Take a new class/seminar	Pack a healthy lunch 3x this week	10000 steps this week	Swap out fries for fruit/veggies this week
Watch a sun rise/set this week	Be Positive for this week	Get up and move every hour this week	Go Vegetarian for 3 meals this week	Sub in honey for sweeteners this week
Go to bed 30 mins early 3 nights this week	Park further away from the door this week	Eat fruit for dessert this week	Laugh out loud once a day this week	Create your own healthy challenge
Read a book this week	Do 100 push ups this week	When you can take the stairs this week	Eat a new vegetable this week	Eat in - Cook at home 3x this week

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