

B	I	N	G	O
Try a new vegetable	10 min stretching 3x this week	Eat fruit for dessert this week	Park further away from the door this week	Go to bed 30 mins early 3 nights this week
Do 100 push ups this week	Try a new food this week	Laugh out loud once a day this week	10000 steps this week	Pack a healthy lunch this week
Sub in honey for sweeteners this week	Watch a sun rise/set this week	FREE	Create your own healthy challenge this week	Get up and move every hour this week
Give a loved one a hug this week	Read a book this week	Go Vegetarian for 3 meals this week	Eat one piece of chocolate a day this week	Go to the Gym 3x this week
Eat in - Cook at home 3x this week	Ditch sugar guzzle water this week	Learn something new this week	When you can take the stairs this week	Eat clean not processed 3x this week

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