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

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

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

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