B	I	N	G	O
Try a new restaurant	10000 steps this week	Eat in cook at home 3x this week	Put down the salt shaker	Go to the gym this week
Eat Clean not processed 3x this week	Take the stairs	Pack a healthy lunch 3x this week	Be Positive this week	Take a class learn something new
Watch a sunrise/sunset this week	Create your own healthy challenge this week	Get up and move every hour for 5 mins this week	Give a love one a hug this week	Sub in honey for sweeteners this week
Go Vegetarian for 3 meals this week	Park further away from the door 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
Read a book this week	Eat Fruit for dessert this week	take a walk 3x this week	Eat ice cream one day this week	Eat outside

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B	I	N	G	O
Watch a sunrise/sunset this week	Create your own healthy challenge this week	Take a class learn something new	Be Positive this week	Ditch sugar guzzle water this week
Eat ice cream one day this week	Sub in honey for sweeteners this week	Get up and move every hour for 5 mins this week	Go to the gym this week	Park further away from the door this week
Eat Clean not processed 3x this week	Eat in cook at home 3x this week	Pack a healthy lunch 3x this week	Laugh out loud once a day this week	Try a new restaurant
Go Vegetarian for 3 meals this week	Eat Fruit for dessert this week	Take the stairs	Eat one piece of chocolate a day this week	Put down the salt shaker
Read a book this week	take a walk 3x this week	Eat outside	10000 steps this week	Give a love one a hug this week

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B	I	N	G	O
Sub in honey for sweeteners this week	Laugh out loud once a day this week	Eat Fruit for dessert this week	Eat ice cream one day this week	Eat one piece of chocolate a day this week
Ditch sugar guzzle water this week	Eat outside	Eat Clean not processed 3x this week	Get up and move every hour for 5 mins this week	Try a new restaurant
Go Vegetarian for 3 meals this week	Read a book this week	Pack a healthy lunch 3x this week	Create your own healthy challenge this week	Take the stairs
Watch a sunrise/sunset this week	Park further away from the door this week	take a walk 3x this week	Be Positive this week	10000 steps this week
Give a love one a hug this week	Take a class learn something new	Put down the salt shaker	Eat in cook at home 3x this week	Go to the gym this week

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