B	I	N	G	O
Take the stairs	10000 steps this week	Eat one piece of chocolate everyday this week	Park further away from the door this week	Laugh out loud once a day this week
Eat a scoop of Ice cream one day this week	Take a walk after dinner 3x this week	No sweeteners this week	Be Positive this week	Read a book this week
Try a new restaurant	Create your own healthy challenge this week	Give a love one a hug every day this week	Go Vegetarian for 3 meals this week	Put down the salt shaker
Go to the gym 3x this week	Pack a healthy lunch 3x this week	Eat outside	Learn something new	Ditch sugar guzzle water this week
Pick or buy flowers	Eat clean not processed 3x this week	Watch a sunrise/sunset	Eat fruit for dessert this week	Get up and move every hour for 5 mins this week

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B	I	N	G	O
Try a new restaurant	Create your own healthy challenge this week	Read a book this week	Be Positive this week	Ditch sugar guzzle water this week
Eat fruit for dessert this week	Put down the salt shaker	Give a love one a hug every day this week	Laugh out loud once a day this week	Pack a healthy lunch 3x this week
Eat a scoop of Ice cream one day this week	Eat one piece of chocolate everyday this week	No sweeteners this week	Learn something new	Take the stairs
Go to the gym 3x this week	Eat clean not processed 3x this week	Take a walk after dinner 3x this week	Eat outside	Park further away from the door this week
Pick or buy flowers	Watch a sunrise/sunset	Get up and move every hour for 5 mins this week	10000 steps this week	Go Vegetarian for 3 meals this week

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B	I	N	G	O
Put down the salt shaker	Learn something new	Eat clean not processed 3x this week	Eat fruit for dessert this week	Eat outside
Ditch sugar guzzle water this week	Get up and move every hour for 5 mins this week	Eat a scoop of Ice cream one day this week	Give a love one a hug every day this week	Take the stairs
Go to the gym 3x this week	Pick or buy flowers	No sweeteners this week	Create your own healthy challenge this week	Take a walk after dinner 3x this week
Try a new restaurant	Pack a healthy lunch 3x this week	Watch a sunrise/sunset	Be Positive this week	10000 steps this week
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