

B	I	N	G	O
Try a new restaurant	10000 steps this week	Eat one piece of chocolate everyday this week	Pick or buy flowers	Laugh out loud once a day this week
Eat a scoop of Ice cream one day this week	Take the stairs	Pack a healthy lunch 3x this week	Be Positive this week	Take a walk after dinner 3x this week
Watch a sunrise/sunset	Create your own healthy challenge this week	Give a love one a hug every day this week	Go Vegetarian for 3 meals this week	Read a book this week
Go to the gym 3x this week	Park further away from the door this week	Eat outside	Learn something new	Ditch sugar guzzle water this week
Put down the salt shaker	Eat clean not processed 3x this week	skip the sweeteners this week	Eat fruit for dessert this week	Get up and move every hour for 5 mins this week

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Watch a sunrise/sunset	Create your own healthy challenge this week	Take a walk after dinner 3x this week	Be Positive this week	Ditch sugar guzzle water this week
Eat fruit for dessert this week	Read a book this week	Give a love one a hug every day this week	Laugh out loud once a day this week	Park further away from the door this week
Eat a scoop of Ice cream one day this week	Eat one piece of chocolate everyday this week	Pack a healthy lunch 3x this week	Learn something new	Try a new restaurant
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Put down the salt shaker	skip the sweeteners this week	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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