B	I	N	G	O
Watch a sunrise/sunset	10000 steps this week	Eat ice cream 1 day this week	Sub honey for sweeteners	Park further away from the door
Ditch sugar guzzle water	Try a new restaurant	Put down the salt shaker	Be positive	Try a new fruit/vegetable
Write down 3 things you are grateful for daily	Cook at home 3x	Go vegetarian for 5 meals	Have lunch with a friend	Take the stairs
Laugh out loud once a day	Stretch a little each day	Get up and move every hour for 5 mins	Perform a random act of kindness	Create your own healthy challenge
Take a walk	Eat 1 piece of chocolate daily	meditate for a few minutes each day.	Eat fruit for dessert	Go to the gym 3x

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B	I	N	G	O
Write down 3 things you are grateful for daily	Cook at home 3x	Try a new fruit/vegetable	Be positive	Create your own healthy challenge
Eat fruit for dessert	Take the stairs	Go vegetarian for 5 meals	Park further away from the door	Stretch a little each day
Ditch sugar guzzle water	Eat ice cream 1 day this week	Put down the salt shaker	Perform a random act of kindness	Watch a sunrise/sunset
Laugh out loud once a day	Eat 1 piece of chocolate daily	Try a new restaurant	Get up and move every hour for 5 mins	Sub honey for sweeteners
Take a walk	meditate for a few minutes each day.	Go to the gym 3x	10000 steps this week	Have lunch with a friend

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B	I	N	G	O
Take the stairs	Perform a random act of kindness	Eat 1 piece of chocolate daily	Eat fruit for dessert	Get up and move every hour for 5 mins
Create your own healthy challenge	Go to the gym 3x	Ditch sugar guzzle water	Go vegetarian for 5 meals	Watch a sunrise/sunset
Laugh out loud once a day	Take a walk	Put down the salt shaker	Cook at home 3x	Try a new restaurant
Write down 3 things you are grateful for daily	Stretch a little each day	meditate for a few minutes each day.	Be positive	10000 steps this week
Have lunch with a friend	Try a new fruit/vegetable	Sub honey for sweeteners	Eat ice cream 1 day this week	Park further away from the door

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