

B	I	N	G	O
create your own challenge	10000 steps this week	Go Vegetarian for a meal	Put down the salt shaker	One Random Act of Kindness
Eat clean not processed	Write down 5 things you are grateful for daily	Park further away from the door	Be Positive	Try a new restaurant
don't add creamer or sugar to your coffee/tea.	Call an old friend	Laugh out loud daily	Learn something new (class)	Take the stairs
Make dinner at home this week	Pass up desert	Have one scoop of ice cream this week.	Pack a lunch	Ditch sugar guzzle water
Swap out fries for fruit/veggies	Exercise a little each day	get up and move every hour	Get 6 to 8 hrs of sleep each day this week.	Join Natalie & Karen for coffee on Wednesday

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