

B	I	N	G	O
lunch time walk	10 desk push ups	20 toe touches	drink 8 oz of water	5 min of stretching
20 arm circles forward & backwards	lunch time walk	8 oz of water	10 desk push ups	drink 8 oz of water
eat a healthy lunch	take the stairs	10 side leg raises per leg	25 chair squats	20 arm circles forward & backwards
5 min meditation/prayer	eat a healthy lunch	5 min of meditation/prayer	eat a healthy lunch	25 bicep curls
5 min of stretching	25 bicep curls	10 side leg raises per leg	drink 8 oz of water	25 chair squats

B	I	N	G	O
10 desk push ups	5 min of meditation/prayer	20 arm circles forward & backwards	5 min of stretching	lunch time walk
10 side leg raises per leg	take the stairs	take the stairs	10 side leg raises per leg	drink 8 oz of water
8 oz of water	20 toe touches	10 desk push ups	20 arm circles forward & backwards	25 chair squats
5 min meditation/prayer	25 chair squats	25 bicep curls	drink 8 oz of water	drink 8 oz of water
lunch time walk	eat a healthy lunch	eat a healthy lunch	5 min of stretching	25 bicep curls

B	I	N	G	O
10 side leg raises per leg	drink 8 oz of water	10 desk push ups	5 min of stretching	10 side leg raises per leg
lunch time walk	lunch time walk	25 chair squats	5 min of meditation/prayer	eat a healthy lunch
eat a healthy lunch	20 arm circles forward & backwards	25 bicep curls	take the stairs	20 toe touches
drink 8 oz of water	drink 8 oz of water	take the stairs	eat a healthy lunch	20 toe touches
25 chair squats	5 min of stretching	20 arm circles forward & backwards	10 desk push ups	8 oz of water