

B	I	N	G	O
Spend 15 minutes reflecting on your day before you go to bed	Bring a healthy snack to share at work today	Eat all meals with the tv off for one week	No chocolate for one week	Go on a 20 minute walk during your lunch hour twice this week
Eat 2 servings of whole grains today	No talking on your cell phone while driving for one week	Keep track of your calories for the entire day	Buy at least one organic item this week	No alcohol for one week
No fried foods for one week	Spend 30 minutes dedicated to someone else today	FREE	Compliment a different person every day this week	Eat something green for every meal today
Eat two servings of fish this week	No elevators for one week	Get up every day this week without hitting the snooze	Eat one meal today without any processed foods	Hug a person or pet
Eat an apple and banana today	Do 30 minutes of physical activity twice this week	Limit caffeine to less than two servings per day all week	Spend one entire day without making one negative comment	Eat a salad with a healthy dressing option

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Eat one meal today without any processed foods	Limit caffeine to less than two servings per day all week	Spend 15 minutes reflecting on your day before you go to bed	Eat a salad with a healthy dressing option	No elevators for one week
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No fried foods for one week	Eat a salad with a healthy dressing option	FREE	No elevators for one week	Eat one meal today without any processed foods
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Eat something green for every meal today	Bring a healthy snack to share at work today	Keep track of your calories for the entire day	Eat 2 servings of whole grains today	Eat an apple and banana today