

B	I	N	G	O
Want to be an occupational therapist :)	Ate breakfast this morning	Eat 2-3 servings of vegetables a day	Take mental health breaks from school	Make To Do lists
Does not skip meals	Wake up early so you don't have to rush	Reward yourself when you do something good	Ate fruit today	Spent an hour doing something YOU love
Took the stairs instead of the elevator	Work hard in school	FREE	Complimented someone today	Have not checked social media in the past 20 minutes
Hit 10000 steps daily	Talk to your parent(s) daily	Live close to the 80/20 rule	Got 6-7 hours of sleep last night	Plan your day
Eat 3 meals a day	Do not eat fast food more than 2x a week	Spend time with yourself	Work out at least 30 minutes twice a week	Drink at least 4 glasses of water a day

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