B	I	N	G	O
Swim	10000 steps	Cycling	Running	Orange
Carrots	Star jumps	Press ups	12500 steps	Spinach
Tomato	Apple	Kiwi	New food	Smoothie
Nuts	Roller skating	Fish	Organic milk	Banana
Sit ups	Cooking a meal with mum	Trampoline	Cucumber	Joe Wicks HIIT workout

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B	I	N	G	O
Tomato	Apple	Spinach	12500 steps	Banana
Cucumber	Smoothie	Kiwi	Orange	Roller skating
Carrots	Cycling	Press ups	Organic milk	Swim
Nuts	Cooking a meal with mum	Star jumps	Fish	Running
Sit ups	Trampoline	Joe Wicks HIIT workout	10000 steps	New food

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B	I	N	G	O
Smoothie	Organic milk	Cooking a meal with mum	Cucumber	Fish
Banana	Joe Wicks HIIT workout	Carrots	Kiwi	Swim
Nuts	Sit ups	Press ups	Apple	Star jumps
Tomato	Roller skating	Trampoline	12500 steps	10000 steps
New food	Spinach	Running	Cycling	Orange

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