

|                          |                          |                             |                          |                            |
|--------------------------|--------------------------|-----------------------------|--------------------------|----------------------------|
| <b>B</b>                 | <b>I</b>                 | <b>N</b>                    | <b>G</b>                 | <b>O</b>                   |
| try a new workout DVD    | Do 5 min ABS M-F         | find 3 new recipes to share | sign up for Purdue 5k    | measure out food this week |
| complete a goal I set    | try a new veggie         | portion a weeks snacks      | buy new workout outfit   | try a new fruit            |
| watch FED UP             | buy set of arm bands     | go hike a trail             | go on a bike ride        | text old friend            |
| have a picnic            | send a letter to someone | get clothes to Jill         | meet a friend for lunch  | clean out a closet         |
| take a new workout class | do 20 push ups M-F       | workout w/ new BC girl      | do not weigh in all week | get toes painted           |

|                                   |                                   |                              |                                  |                                |
|-----------------------------------|-----------------------------------|------------------------------|----------------------------------|--------------------------------|
| <b>B</b>                          | <b>I</b>                          | <b>N</b>                     | <b>G</b>                         | <b>O</b>                       |
| watch<br>FED UP                   | buy set<br>of arm<br>bands        | try a<br>new fruit           | buy new<br>workout<br>outfit     | clean<br>out a<br>closet       |
| do not<br>weigh in<br>all week    | text old<br>friend                | go hike<br>a trail           | measure<br>out food<br>this week | send a<br>letter to<br>someone |
| complete<br>a goal I<br>set       | find 3 new<br>recipes to<br>share | portion a<br>weeks<br>snacks | meet a<br>friend<br>for lunch    | try a new<br>workout<br>DVD    |
| have a<br>picnic                  | do 20<br>push<br>ups M-F          | try a<br>new<br>veggie       | get<br>clothes<br>to Jill        | sign up<br>for<br>Purdue 5k    |
| take a<br>new<br>workout<br>class | workout<br>w/ new<br>BC girl      | get toes<br>painted          | Do 5<br>min ABS<br>M-F           | go on a<br>bike ride           |

|                    |                          |                        |                             |                            |
|--------------------|--------------------------|------------------------|-----------------------------|----------------------------|
| <b>B</b>           | <b>I</b>                 | <b>N</b>               | <b>G</b>                    | <b>O</b>                   |
| text old friend    | meet a friend for lunch  | do 20 push ups M-F     | do not weigh in all week    | get clothes to Jill        |
| clean out a closet | get toes painted         | complete a goal I set  | go hike a trail             | try a new workout DVD      |
| have a picnic      | take a new workout class | portion a weeks snacks | buy set of arm bands        | try a new veggie           |
| watch FED UP       | send a letter to someone | workout w/ new BC girl | buy new workout outfit      | Do 5 min ABS M-F           |
| go on a bike ride  | try a new fruit          | sign up for Purdue 5k  | find 3 new recipes to share | measure out food this week |