

B	I	N	G	O
Walk around the block	10000 steps this week	Eat one piece of chocolate daily	Sub honey for sweeteners	Laugh out loud once a day
Eat fruit for dessert	Try a new restaurant	Perform a random act of kindness	Be positive	Try a new fruit/vegetable
Watch a sunrise/sunset	Cook at home 3x	FREE	Park further away from the door	Go to the gym 3x
Ditch sugar guzzle water	Go vegetarian for 5 meals	Take a walk	Have lunch outside	Put down the salt shaker
Take the stairs	Get up and move every hour for 5 mins	Exercise a little each day	Meditate for a few minutes each day.	Create your own healthy challenge

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Park further away from the door	Laugh out loud once a day	Cook at home 3x	Try a new fruit/vegetable	Create your own healthy challenge
Take a walk	Go to the gym 3x	Go vegetarian for 5 meals	Try a new restaurant	Be positive
Watch a sunrise/sunset	Sub honey for sweeteners	FREE	Meditate for a few minutes each day.	Eat fruit for dessert
Eat one piece of chocolate daily	Perform a random act of kindness	Take the stairs	Ditch sugar guzzle water	Put down the salt shaker
10000 steps this week	Walk around the block	Write down three things you feel grateful for daily	Eat ice cream one day this week	Exercise a little each day

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Park further away from the door	Eat fruit for dessert	Put down the salt shaker	Eat ice cream one day this week	Be positive
10000 steps this week	Write down three things you feel grateful for daily	Eat one piece of chocolate daily	Watch a sunrise/sunset	Ditch sugar guzzle water
Try a new restaurant	Take the stairs	FREE	Have lunch outside	Sub honey for sweeteners
Create your own healthy challenge	Meditate for a few minutes each day.	Go vegetarian for 5 meals	Go to the gym 3x	Cook at home 3x
Try a new fruit/vegetable	Laugh out loud once a day	Exercise a little each day	Perform a random act of kindness	Walk around the block