

Squirrel Bingo

talk to house mates ;)	64 Ounces of water	Healthy Meal	play a game	Took Dog for walk
Didn't procrastinate	read/open mail	Work on garage	Completed a Task	pray for michelle
use kind words	Controlled Anger/Emotions	PRAY	No Social Media	No Video games
pray for hannah	Positive Self Talk	didnt swear	Kind to Hannah	Took Vitamins
Deleted Old Apps	pray for boys	Do something 4 someone else	work on basement	Healthy Bed Time by 11

Squirrel Bingo

use kind words	work on basement	Completed a Task	Positive Self Talk	Didn't procrastinate
play a game	No Video games	Healthy Meal	Took Vitamins	Controlled Anger/Emotions
No Social Media	64 Ounces of water	PRAY	Kind to Hannah	didn't swear
Healthy Bed Time by 11	talk to house mates ;)	Do something 4 someone else	pray for hannah	Deleted Old Apps
Took Dog for walk	Meditation/Self-Care	pray for michelle	Work on garage	read/open mail

Squirrel Bingo

pray for hannah	Kind to Hannah	use kind words	Healthy Bed Time by 11	play a game
pray for boys	pray for michelle	work on basement	Positive Self Talk	Controlled Anger/Emotions
didnt swear	Completed a Task	PRAY	No Social Media	Healthy Meal
Meditation/Self-Care	Took Dog for walk	Deleted Old Apps	64 Ounces of water	talk to house mates ;)
read/open mail	Work on garage	No Video games	Took Vitamins	Do something 4 someone else