

B	I	N	G	O
Use the treadmill or exercise bike (minimum 30 mins)	Do 100 jumping jacks	Drink 6 glasses of water	No food 2 hours before bed	Exercise 3x in a week
Do 20 triceps dips	Sleep for 8 hours	Hit step goal 2 days in a row	Do 15 push-ups	Run up/down stairs 10 times
Walk around during commercial breaks for a whole show	Do 15 sec plank 3 days in a row	Eat 4 veggie servings	Eat a snack with protein	Replace junk food with a healthy snack
Eat fruit & veggies with 2 meals	Hit/kick punching bag 150x	Drink 8 glasses of water	Hit 10 000 steps	Do 20 squats
Play an activity with kids	Do 50 calf raises	Walk/Run to & from bus stop	Do 50 sit-ups/crunches	Eat 3 fruit servings

B	I	N	G	O
Walk around during commercial breaks for a whole show	Do 15 sec plank 3 days in a row	Run up/down stairs 10 times	Do 15 push-ups	Do 20 squats
Do 50 sit-ups/crunches	Replace junk food with a healthy snack	Eat 4 veggie servings	Exercise 3x in a week	Hit/kick punching bag 150x
Do 20 triceps dips	Drink 6 glasses of water	Hit step goal 2 days in a row	Hit 10 000 steps	Use the treadmill or exercise bike (minimum 30 mins)
Eat fruit & veggies with 2 meals	Do 50 calf raises	Sleep for 8 hours	Drink 8 glasses of water	No food 2 hours before bed
Play an activity with kids	Walk/Run to & from bus stop	Eat 3 fruit servings	Do 100 jumping jacks	Eat a snack with protein

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Replace junk food with a healthy snack	Hit 10 000 steps	Do 50 calf raises	Do 50 sit-ups/crunches	Drink 8 glasses of water
Do 20 squats	Eat 3 fruit servings	Do 20 triceps dips	Eat 4 veggie servings	Use the treadmill or exercise bike (minimum 30 mins)
Eat fruit & veggies with 2 meals	Play an activity with kids	Hit step goal 2 days in a row	Do 15 sec plank 3 days in a row	Sleep for 8 hours
Walk around during commercial breaks for a whole show	Hit/kick punching bag 150x	Walk/Run to & from bus stop	Do 15 push-ups	Do 100 jumping jacks
Eat a snack with protein	Run up/down stairs 10 times	No food 2 hours before bed	Drink 6 glasses of water	Exercise 3x in a week