

B	I	N	G	O
Start reading a book	10 bicep curls	10 sit-ups	Make your favorite meal	30 skippings
10 minutes stretching exercises	Start a new hobby	Avoid desserts for a day	10 crunches	Get some sunshine
Pray	Stay hydrated	Walk at least 7000 steps today	10 cycle crunches	15 minutes pranayam
15 seconds plank	Pamper yourself	30 secs on spot jog	15 minutes meditation	Avoid caffeine for a day
10 tricep curls	10 lunges	Dance to your favorite song	Think happy thoughts	10 push-ups

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Stay hydrated	10 crunches	Make your favorite meal	10 minutes stretching exercises	Avoid desserts for a day
10 sit-ups	Think happy thoughts	30 skippings	10 lunges	Get some sunshine
15 seconds plank	10 cycle crunches	Walk at least 7000 steps today	15 minutes pranayam	10 bicep curls
15 minutes meditation	Dance to your favorite song	Start reading a book	10 push-ups	Pamper yourself
30 secs on spot jog	Avoid caffeine for a day	Pray	Start a new hobby	10 tricep curls

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10 lunges	Dance to your favorite song	10 crunches	Avoid caffeine for a day	10 cycle crunches
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Pray	10 push-ups	Walk at least 7000 steps today	Pamper yourself	15 minutes meditation
Stay hydrated	Get some sunshine	Make your favorite meal	Think happy thoughts	10 sit-ups
15 minutes pranayam	10 bicep curls	Avoid desserts for a day	10 minutes stretching exercises	10 tricep curls