

B	I	N	G	O
Watch a sunrise/sunset	10000 steps this week	Eat ice cream one day this week	Sub honey for sweeteners	Meditate for a few minutes each day.
Ditch sugar guzzle water	Try a new restaurant	Perform a random act of kindness	Be positive	Try a new fruit/vegetable
Write down three things you feel grateful for daily	Cook at home 3x	Go vegetarian for 2 meals	Have lunch outside	Take the stairs
Laugh out loud once a day	Put down the salt shaker	Exercise a little each day	Park further away from the door	Create your own healthy challenge
Take a walk	Eat at least one vegetable each day	walk with a friend for 15 minutes	Eat fruit for dessert	Get up and move every hour for 5 mins

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Write down three things you feel grateful for daily	Cook at home 3x	Try a new fruit/vegetable	Be positive	Create your own healthy challenge
Eat fruit for dessert	Take the stairs	Go vegetarian for 2 meals	Meditate for a few minutes each day.	Put down the salt shaker
Ditch sugar guzzle water	Eat ice cream one day this week	Perform a random act of kindness	Park further away from the door	Watch a sunrise/sunset
Laugh out loud once a day	Eat at least one vegetable each day	Try a new restaurant	Exercise a little each day	Sub honey for sweeteners
Take a walk	walk with a friend for 15 minutes	Get up and move every hour for 5 mins	10000 steps this week	Have lunch outside

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Take the stairs	Park further away from the door	Eat at least one vegetable each day	Eat fruit for dessert	Exercise a little each day
Create your own healthy challenge	Get up and move every hour for 5 mins	Ditch sugar guzzle water	Go vegetarian for 2 meals	Watch a sunrise/sunset
Laugh out loud once a day	Take a walk	Perform a random act of kindness	Cook at home 3x	Try a new restaurant
Write down three things you feel grateful for daily	Put down the salt shaker	walk with a friend for 15 minutes	Be positive	10000 steps this week
Have lunch outside	Try a new fruit/vegetable	Sub honey for sweeteners	Eat ice cream one day this week	Meditate for a few minutes each day.