

B	I	N	G	O
Try a new restaurant	10000 steps this week	Eat one piece of dark chocolate	Put down the salt shaker	Laugh out loud once a day
Ditch sugar guzzle water	Try a new fruit/vegetable	Park further away from the door	Be positive	Take the stairs
Watch a sunrise/sunset	Cook at home 3x	FREE	Go to the gym 3x	Go vegetarian for 3 meals
Take a walk	Have lunch outside	Perform a random act of kindness	Exercise a little each day	Meditate for a few minutes each day
Create your own healthy challenge	Sub honey for sweeteners	Eat 1 serving of green veggies	Write down three things you feel grateful for daily	Eat fruit for dessert

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Go to the gym 3x	10000 steps this week	FREE	Exercise a little each day	Perform a random act of kindness
Eat fruit for dessert	Try a new restaurant	Eat 1 serving of green veggies	Take a walk	Create your own healthy challenge
Laugh out loud once a day	Get up and move every hour for 5 mins	Take the stairs	Park further away from the door	Try a new fruit/vegetable

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