B	I	N	G	O
Try a new restaurant	10000 steps this week	Eat in cook at home 3x this week	Put down the salt shaker	Go to the gym this week
Eat Clean not processed 3x this week	Take the stairs	Pack a healthy lunch 3x this week	Be Positive this week	Take a class learn something new
Watch a sunrise/sunset this week	Create your own healthy challenge this week	**FREE**	Get up and move every hour for 5 mins this week	Give a love one a hug this week
Sub in honey for sweeteners this week	Go Vegetarian for 3 meals this week	Park further away from the door this week	Eat one piece of chocolate a day this week	Laugh out loud once a day this week
Ditch sugar guzzle water this week	Read a book this week	Eat Fruit for dessert this week	take a walk 3x this week	Eat ice cream one day this week

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B	I	N	G	O
Watch a sunrise/sunset this week	take a walk 3x this week	Be Positive this week	Go Vegetarian for 3 meals this week	Eat Clean not processed 3x this week
Put down the salt shaker	Give a love one a hug this week	Eat in cook at home 3x this week	Laugh out loud once a day this week	Create your own healthy challenge this week
Get up and move every hour for 5 mins this week	10000 steps this week	**FREE**	Eat one piece of chocolate a day this week	Park further away from the door this week
Eat ice cream one day this week	Try a new restaurant	Eat Fruit for dessert this week	Sub in honey for sweeteners this week	Ditch sugar guzzle water this week
Go to the gym this week	Eat outside	Take a class learn something new	Pack a healthy lunch 3x this week	Take the stairs

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B	I	N	G	O
Sub in honey for sweeteners this week	Eat one piece of chocolate a day this week	Watch a sunrise/sunset this week	Eat ice cream one day this week	Put down the salt shaker
Read a book this week	Take a class learn something new	take a walk 3x this week	Go Vegetarian for 3 meals this week	Create your own healthy challenge this week
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Eat outside	Go to the gym this week	Ditch sugar guzzle water this week	10000 steps this week	Try a new restaurant
Take the stairs	Pack a healthy lunch 3x this week	Give a love one a hug this week	Laugh out loud once a day this week	Eat Fruit for dessert this week

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