

B	I	N	G	O
Stretch for 15 minutes	10 Push ups	Do Bicycles on commercial breaks	No junk foods	Get at least 8 hours of sleep
Call an old friend	Skip the fast food restaurant	Lift weights 3 days in a week	10 Squats	No Soda
Run Walk or Bike for 30 minutes	Take the stairs not the elevator	FREE	15 Triceps Dips	Eat 2-3 servings of fruit
Eat 4 Servings of vegetable	Reduce screen time by 5 hours	Eat Breakfast	Drink 6-8 glasses of water	Laugh
Do cardio for 30 min for 5 days	30 second plank	Meditate/do yoga for 20 minutes	Try a new healthy recipe	Declutter your closet

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Eat 4 Servings of vegetable	15 Triceps Dips	FREE	Eat 2-3 servings of fruit	10 Push ups
Drink 6-8 glasses of water	Meditate/do yoga for 20 minutes	Stretch for 15 minutes	Declutter your closet	Reduce screen time by 5 hours
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