

B	I	N	G	O
Stretch for 15 minutes	10 Push ups	Do a daily food log for a week	No junk foods	Get at least 8 hours of sleep
Declutter your closet	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	Do Bicycles on commercial breaks

B	I	N	G	O
Take the stairs not the elevator	10 Squats	No junk foods	Declutter your closet	Lift weights 3 days in a week
Do a daily food log for a week	Try a new healthy recipe	Get at least 8 hours of sleep	30 second plank	No Soda
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	Do Bicycles on commercial breaks	Reduce screen time by 5 hours
Eat Breakfast	Laugh	Run Walk or Bike for 30 minutes	Skip the fast food restaurant	Do cardio for 30 min for 5 days

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