

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

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

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