B	I	N	G	O
Went for a walk at lunch or before or after work at least 2 days within the past week.	Ate breakfast every day this past week.	Had a healthy snack today.	Tried a new healthy recipe within the last week.	Spent one evening this past week with no screen time on phone computer or tablet.
Gave someone a compliment today.	Watched the sunrise or sunset within the past week.	Took at multi vitamin today.	Ate fruit today.	Tried a new fruit/vegetable within the past week.
Walked up and down stairs at least two times today.	Worked out today.	**FREE**	Ate vegetables today.	Performed a random act of kindness today.
Read a book for at least an hour this week.	Tried a new restaurant within the last week.	Spent at least 2 hours of quality time with your family each day within the past week.	Meditated for 10 minutes or more today.	Stood up for a portion of today's meeting.
Laughed out loud today.	Drank at least three bottles of water a day for the past week.	Tracked your steps for the past week.	Wrote three things down that you are grateful for.	Got at least 8 hours of sleep last night.

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B	I	N	G	O
Worked out today.	Ate fruit today.	Tried a new healthy recipe within the last week.	Gave someone a compliment today.	Took at multi vitamin today.
Had a healthy snack today.	Wrote three things down that you are grateful for.	Spent one evening this past week with no screen time on phone computer or tablet.	Drank at least three bottles of water a day for the past week.	Tried a new fruit/vegetable within the past week.
Read a book for at least an hour this week.	Ate vegetables today.	**FREE**	Performed a random act of kindness today.	Ate breakfast every day this past week.
Meditated for 10 minutes or more today.	Tracked your steps for the past week.	Went for a walk at lunch or before or after work at least 2 days within the past week.	Got at least 8 hours of sleep last night.	Tried a new restaurant within the last week.
Spent at least 2 hours of quality time with your family each day within the past week.	Stood up for a portion of today's meeting.	Walked up and down stairs at least two times today.	Watched the sunrise or sunset within the past week.	Laughed out loud today.

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B	I	N	G	O
Drank at least three bottles of water a day for the past week.	Tracked your steps for the past week.	Ate fruit today.	Stood up for a portion of today's meeting.	Ate vegetables today.
Went for a walk at lunch or before or after work at least 2 days within the past week.	Read a book for at least an hour this week.	Spent at least 2 hours of quality time with your family each day within the past week.	Watched the sunrise or sunset within the past week.	Spent one evening this past week with no screen time on phone computer or tablet.
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