| B | I | N | G | O |
|---|---|---|---|---|
| Take the stairs not the elevator | 15 Triceps Dips | Drink 6-8 glasses of water | No junk foods | Lift Weights for 3 Days in 1 Week Eat 4 Servings of Veggies in a Day |
| Do a daily food log for a week | Stretch for 15 minutes | No Junk Food for 1 Week | 3 Sets of 10 Squats | Skip the fast food restaurant |
| Try a New Fitness Activity | 30 second plank | Meditate/do yoga for 20 minutes | Eat Breakfast | Do Bicycles on commercial breaks |
| Get at least 8 hours of sleep | Reduce screen time by 5 hours | Laugh | No Soda | Run Walk or Bike for 30 minutes |
| Eat 4 Servings of vegetable | Eat 2-3 servings of fruit | Lift weights 3 days in a week | Declutter your closet | Try a new healthy recipe |



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|---|---|---|---|---|
| Try a new healthy recipe | Do a daily food log for a week | Try a New Fitness Activity | 30 second plank | No junk foods |
| No Junk Food for 1 Week | Do cardio for 30 min for 5 days | 3 Sets of 10 Squats | Take the stairs not the elevator | Lift Weights for 3 Days in 1 Week Eat 4 Servings of Veggies in a Day |
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| 15 Triceps Dips | Eat 2-3 servings of fruit | No Soda | Stretch for 15 minutes | Run Walk or Bike for 30 minutes |
| Laugh | Declutter your closet | Lift weights 3 days in a week | Skip the fast food restaurant | Eat 4 Servings of vegetable |



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