

B	I	N	G	O
Try a new restaurant	10000 steps this week	Exercise	Perform a random act of kindness	Laugh out loud once a day
Cut down on sugar	Try a new fruit/vegetable	Meditate	Be positive	Take the stairs
Watch a sunrise/sunset	Cook at home	Give someone a hug	Go swimming	Take a walk
Have lunch outside	Pass on an affirmation	Exercise a little each day	Limit ice cream	Create your own healthy challenge
Put down the salt shaker	Drink water	Write down three things you feel grateful for daily	Eat fruits and veggies	Get up and move

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Watch a sunrise/sunset	Cook at home	Take the stairs	Be positive	Create your own healthy challenge
Eat fruits and veggies	Take a walk	Give someone a hug	Laugh out loud once a day	Pass on an affirmation
Cut down on sugar	Exercise	Meditate	Limit ice cream	Try a new restaurant
Have lunch outside	Drink water	Try a new fruit/vegetable	Exercise a little each day	Perform a random act of kindness
Put down the salt shaker	Write down three things you feel grateful for daily	Get up and move	10000 steps this week	Go swimming

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Take a walk	Limit ice cream	Drink water	Eat fruits and veggies	Exercise a little each day
Create your own healthy challenge	Get up and move	Cut down on sugar	Give someone a hug	Try a new restaurant
Have lunch outside	Put down the salt shaker	Meditate	Cook at home	Try a new fruit/vegetable
Watch a sunrise/sunset	Pass on an affirmation	Write down three things you feel grateful for daily	Be positive	10000 steps this week
Go swimming	Take the stairs	Perform a random act of kindness	Exercise	Laugh out loud once a day