

Downsizers Bingo

drank 4 glasses of water	10 minutes stretching	Deep breathing for 5 minutes	ate 3 fruits	Logged food
5 minute dance party	contacted a friend	Posted in chat	20 calf raises	Share a tip for increasing activity
complimented yourself	drank 8 glasses of water	FREE	20 squats	Go to bed 30 minutes early
Healthy dinner	ate 5 veggies	Healthy lunch	Find a new recipe to try(tell us)	Met your daily goals
Do some affirmations	30 minutes cardio	Share a NSV	walked around during a commercial	Compliment or encourage a teammate

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drank 8 glasses of water	20 calf raises	ate 3 fruits	5 minute dance party	Posted in chat
Deep breathing for 5 minutes	walked around during a commercial	Logged food	30 minutes cardio	Share a tip for increasing activity
Healthy dinner	20 squats	FREE	Go to bed 30 minutes early	10 minutes stretching
Find a new recipe to try(tell us)	Share a NSV	drank 4 glasses of water	Compliment or encourage a teammate	ate 5 veggies
Healthy lunch	Met your daily goals	complimented yourself	contacted a friend	Do some affirmations

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30 minutes cardio	Share a NSV	20 calf raises	Met your daily goals	20 squats
drank 4 glasses of water	Healthy dinner	Healthy lunch	contacted a friend	Logged food
complimented yourself	Compliment or encourage a teammate	FREE	ate 5 veggies	Find a new recipe to try(tell us)
drank 8 glasses of water	Share a tip for increasing activity	ate 3 fruits	walked around during a commercial	Deep breathing for 5 minutes
Go to bed 30 minutes early	10 minutes stretching	Posted in chat	5 minute dance party	Do some affirmations