

B	I	N	G	O
Talk about it	Bring your lunch to work	Eat Healthy	Practice on your posture	Listen
Deep breathing	Respect	Make someone laugh today	Communication	Perform a random act of kindness
Relax	Try a New Healthy Recipe	FREE SPACE!	Complete a task	Forgive someone
Get 8-10 hours of sleep	Read	Journal	Exercise	Log your food for a week
Eat a green vegetable	Count to 10	No soda for a week	Turn off TV	Drink 6-8 glasses of water

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Journal	Log your food for a week	Relax	Respect	Eat a green vegetable

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Try a New Healthy Recipe	Perform a random act of kindness	Practice on your posture	Turn off TV	Eat Healthy
Forgive someone	Bring your lunch to work	Make someone laugh today	Deep breathing	Eat a green vegetable