

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

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

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