B	I	N	G	O
Meet 5 days of weekly goals	Check in on 3 of your group members	Do not drink any alcoholic beverages for 3 days	Log food for 3 days	Eat at least 2 servings of fruit for 2 days
Do at least 30 minutes of strength training for 2 days	Meal prep	Get 10000 steps for 3 days	Compliment yourself	Get at least 8 hours of sleep for 2 days
Lose 1/2 pound	Share a helpful tip in GroupMe	**FREE**	Do at least 15 minutes of ab workouts for 2 days	Do some self care activities for 2 days
Drink 8 cups of water for 3 days	Lose 1 pound	Drink a gallon of water for 2 days	Do not eat any prepared food for 3 consecutive days	Eat at least 3 servings of vegetables for 3 days
Do not eat any desserts for 3 consecutive days	Do at least 30 minutes of cardio for 3 days	Get at least 7 hours of sleep for 3 days	Spend time doing something that will make you laugh	Do meditation/yoga for 2 days

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B	I	N	G	O
Share a helpful tip in GroupMe	Compliment yourself	Log food for 3 days	Do at least 30 minutes of strength training for 2 days	Get 10000 steps for 3 days
Do not drink any alcoholic beverages for 3 days	Spend time doing something that will make you laugh	Eat at least 2 servings of fruit for 2 days	Do at least 30 minutes of cardio for 3 days	Get at least 8 hours of sleep for 2 days
Drink 8 cups of water for 3 days	Do at least 15 minutes of ab workouts for 2 days	**FREE**	Do some self care activities for 2 days	Check in on 3 of your group members
Do not eat any prepared food for 3 consecutive days	Get at least 7 hours of sleep for 3 days	Meet 5 days of weekly goals	Do meditation/yoga for 2 days	Lose 1 pound
Drink a gallon of water for 2 days	Eat at least 3 servings of vegetables for 3 days	Lose 1/2 pound	Meal prep	Do not eat any desserts for 3 consecutive days

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B	I	N	G	O
Do at least 30 minutes of cardio for 3 days	Get at least 7 hours of sleep for 3 days	Compliment yourself	Eat at least 3 servings of vegetables for 3 days	Do at least 15 minutes of ab workouts for 2 days
Meet 5 days of weekly goals	Drink 8 cups of water for 3 days	Drink a gallon of water for 2 days	Meal prep	Eat at least 2 servings of fruit for 2 days
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Share a helpful tip in GroupMe	Get at least 8 hours of sleep for 2 days	Log food for 3 days	Spend time doing something that will make you laugh	Do not drink any alcoholic beverages for 3 days
Do some self care activities for 2 days	Check in on 3 of your group members	Get 10000 steps for 3 days	Do at least 30 minutes of strength training for 2 days	Do not eat any desserts for 3 consecutive days

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