

B	I	N	G	O
TRY SOMETHING NEW	ATTEND YOGA	EAT A HEALTHY SNACK	NO COMPLAINING TODAY	LAUGH OUT LOUD
DO SOMETHING TO IMPROVE YOUR CARDIO FITNESS	TRY SOMETHING NEW	MENTAL FITNESS / BRAIN GAMES	COUNT YOUR BLESSINGS	MOVE YOUR BODY
TALK TO SOMEONE NEW	WRITE A GRATITUDE STATEMENT	FREE	DO SOMETHING OUTSIDE YOUR COMFORT ZONE	GO FOR A WALK
HELP A FRIEND	READ BOOK OR NEWSPAPER	IDENTIFY YOUR STRENGTHS	GET SOME FRESH AIR	LEARN SOMETHING NEW
FOCUS ON WATER INTAKE	DO SOMETHING TO IMPROVE YOUR BALANCE	MOVE ON ELLIPTICAL	WRITE A THANK YOU NOTE	DO SOMETHING TO IMPROVE YOUR STRENGTH

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WRITE A GRATITUDE STATEMENT	COUNT YOUR BLESSINGS	NO COMPLAINING TODAY	DO SOMETHING TO IMPROVE YOUR CARDIO FITNESS	MENTAL FITNESS / BRAIN GAMES
EAT A HEALTHY SNACK	WRITE A THANK YOU NOTE	LAUGH OUT LOUD	DO SOMETHING TO IMPROVE YOUR BALANCE	MOVE YOUR BODY
HELP A FRIEND	DO SOMETHING OUTSIDE YOUR COMFORT ZONE	FREE	GO FOR A WALK	ATTEND YOGA
GET SOME FRESH AIR	MOVE ON ELLIPTICAL	TRY SOMETHING NEW	DO SOMETHING TO IMPROVE YOUR STRENGTH	READ BOOK OR NEWSPAPER
IDENTIFY YOUR STRENGTHS	LEARN SOMETHING NEW	TALK TO SOMEONE NEW	TRY SOMETHING NEW	FOCUS ON WATER INTAKE

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GO FOR A WALK	ATTEND YOGA	MENTAL FITNESS / BRAIN GAMES	DO SOMETHING TO IMPROVE YOUR CARDIO FITNESS	FOCUS ON WATER INTAKE