B	I	N	G	O
Try a new restaurant	10000 steps this week	Eat one piece of chocolate daily	Put down the salt shaker	Laugh out loud once a day
Ditch sugar guzzle water	Try a new fruit/vegetable	Park further away from the door	Be positive	Take the stairs
Watch a sunrise/sunset	Cook at home 3x	Go to the gym 3x	Go vegetarian for 5 meals	Take a walk
Have lunch outside	Perform a random act of kindness	Exercise a little each day	Meditate for a few minutes each day.	Create your own healthy challenge
Sub honey for sweeteners	Eat fruit for dessert	Write down three things you feel grateful for daily	Eat ice cream one day this week	Get up and move every hour for 5 mins

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B	I	N	G	O
Watch a sunrise/sunset	Cook at home 3x	Take the stairs	Be positive	Create your own healthy challenge
Eat ice cream one day this week	Take a walk	Go to the gym 3x	Laugh out loud once a day	Perform a random act of kindness
Ditch sugar guzzle water	Eat one piece of chocolate daily	Park further away from the door	Meditate for a few minutes each day.	Try a new restaurant
Have lunch outside	Eat fruit for dessert	Try a new fruit/vegetable	Exercise a little each day	Put down the salt shaker
Sub honey for sweeteners	Write down three things you feel grateful for daily	Get up and move every hour for 5 mins	10000 steps this week	Go vegetarian for 5 meals

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B	I	N	G	O
Take a walk	Meditate for a few minutes each day.	Eat fruit for dessert	Eat ice cream one day this week	Exercise a little each day
Create your own healthy challenge	Get up and move every hour for 5 mins	Ditch sugar guzzle water	Go to the gym 3x	Try a new restaurant
Have lunch outside	Sub honey for sweeteners	Park further away from the door	Cook at home 3x	Try a new fruit/vegetable
Watch a sunrise/sunset	Perform a random act of kindness	Write down three things you feel grateful for daily	Be positive	10000 steps this week
Go vegetarian for 5 meals	Take the stairs	Put down the salt shaker	Eat one piece of chocolate daily	Laugh out loud once a day

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