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

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

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B	I	N	G	O
DO SOMETHING OUTSIDE YOUR COMFORT ZONE	MENTAL FITNESS / BRAIN GAMES	COUNT YOUR BLESSINGS	LAUGH OUT LOUD	COUNT YOUR BLESSINGS
TRY SOMETHING NEW	GO FOR A WALK	HELP A FRIEND	TRY SOMETHING NEW	IDENTIFY YOUR STRENGTHS
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