

B	I	N	G	O
TALK TO SOMEONE NEW	ATTEND A FITNESS CLASS	DO SOMETHING TO IMPROVE YOUR STRENGTH	MOVE YOUR BODY	LAUGH OUT LOUD
DO SOMETHING TO IMPROVE YOUR BALANCE	SEE THE CUP AS HALF FULL NOT HALF EMPTY	LEARN SOMTHING NEW ABOUT YOUR NEIGHBOR	COUNT YOUR BLESSINGS	MENTAL FITNESS / BRAIN GAMES
READ BOOK OR NEWSPAPER	WRITE A GRATITUDE STATEMENT	FREE	DO SOMETHING FOR YOUR MENTAL FITNESS	GO FOR A WALK
GO FOR A WALK	NO COMPLAINING TODAY	HELP A FRIEND	GIVE A COMPLIMENT	LEARN SOMETHING NEW
EAT A HEALTHY SNACK	DO SOMETHING NEW TODAY	MEET A NEW FRIEND	WRITE A THANK YOU NOTE	DO SOMETHING TO IMPROVE YOUR CARDIO FITNESS

B	I	N	G	O
WRITE A GRATITUDE STATEMENT	COUNT YOUR BLESSINGS	MOVE YOUR BODY	DO SOMETHING TO IMPROVE YOUR BALANCE	LEARN SOMTHING NEW ABOUT YOUR NEIGHBOR
DO SOMETHING TO IMPROVE YOUR STRENGTH	WRITE A THANK YOU NOTE	LAUGH OUT LOUD	DO SOMETHING NEW TODAY	MENTAL FITNESS / BRAIN GAMES
GO FOR A WALK	DO SOMETHING FOR YOUR MENTAL FITNESS	FREE	GO FOR A WALK	ATTEND A FITNESS CLASS
GIVE A COMPLIMENT	MEET A NEW FRIEND	TALK TO SOMEONE NEW	DO SOMETHING TO IMPROVE YOUR CARDIO FITNESS	NO COMPLAINING TODAY
HELP A FRIEND	LEARN SOMETHING NEW	READ BOOK OR NEWSPAPER	SEE THE CUP AS HALF FULL NOT HALF EMPTY	EAT A HEALTHY SNACK

B	I	N	G	O
DO SOMETHING NEW TODAY	MEET A NEW FRIEND	COUNT YOUR BLESSINGS	LEARN SOMETHING NEW	DO SOMETHING FOR YOUR MENTAL FITNESS
TALK TO SOMEONE NEW	GO FOR A WALK	HELP A FRIEND	SEE THE CUP AS HALF FULL NOT HALF EMPTY	LAUGH OUT LOUD
READ BOOK OR NEWSPAPER	DO SOMETHING TO IMPROVE YOUR CARDIO FITNESS	FREE	NO COMPLAINING TODAY	GIVE A COMPLIMENT
WRITE A GRATITUDE STATEMENT	MENTAL FITNESS / BRAIN GAMES	MOVE YOUR BODY	WRITE A THANK YOU NOTE	DO SOMETHING TO IMPROVE YOUR STRENGTH
GO FOR A WALK	ATTEND A FITNESS CLASS	LEARN SOMTHING NEW ABOUT YOUR NEIGHBOR	DO SOMETHING TO IMPROVE YOUR BALANCE	EAT A HEALTHY SNACK