

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

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

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