

B	I	N	G	O
Take the stairs	10 minutes of journaling or meditating	Eat 5 fruits and vegetables in one day	Park further away from the door	Give a high five
Cook at home 3x	Take a walk	Laugh out loud once a day	10000 steps this week	No soda all day
Perform a random act of kindness	Watch a sunrise/sunset	FREE	Ask a friend to come work out with you	Exercise a little each day
Get 8 hours of sleep	Pay someone a compliment	Get up and move every hour for 5 mins	Eat one piece of chocolate daily	Go to the gym 3x
Eat fruit for dessert	Call a friend or family member	Meditate for a few minutes each day	Write down three things you feel grateful for daily	Drink 5 bottles of water a day

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