B	I	N	G	O
Try a new online workout	15-30 minutes of yoga	Get 10000 steps	Pick 5 exercises: do 15 reps for 3 sets of each - 3-4 days this week	Make a new healthy recipe
Enjoy candlelight or a fire pit	Take the stairs as often as you can in 1 day	Meet up or call a friend	30 minutes of reading writing drawing or painting	Pamper yourself: paint your nails facial etc.
Spring clean any room	Try a new smoothie recipe	**FREE**	Do some planting gardening or Enjoy a local park	Get outside for a walk
Go play - golf tennis swimming hike bike ride etc.	Share 1 photos of you doing any of the challenges	Listen to 30 minutes podcast or audio book	Get out and take 5 photos of nature	Make your own space-pick your own challenge
Get a good night's sleep	Drink 8 cups of water for 3 days	Originize or de-clutter one space	Turn up the music and dance	Find the positive for each day this week

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