B	I	N	G	O
Try a new restaurant	10000 steps this week	Eat one piece of chocolate daily	Put down the salt shaker	Laugh out loud once a day
Ditch sugar guzzle water	Try a new fruit/vegetable	Park further away from the door	Be positive	Take the stairs
Watch a sunrise/sunset	Cook at home 3x	**FREE**	Go to the gym 3x	Go vegetarian for 5 meals
Take a walk	Have lunch outside	Perform a random act of kindness	Exercise a little each day	Meditate for a few minutes each day.
Create your own healthy challenge	Sub honey for sweeteners	Eat fruit for dessert	Write down three things you feel grateful for daily	Eat ice cream one day this week

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B	I	N	G	O
Watch a sunrise/sunset	Write down three things you feel grateful for daily	Be positive	Have lunch outside	Ditch sugar guzzle water
Put down the salt shaker	Go vegetarian for 5 meals	Eat one piece of chocolate daily	Meditate for a few minutes each day.	Cook at home 3x
Go to the gym 3x	10000 steps this week	**FREE**	Exercise a little each day	Perform a random act of kindness
Eat ice cream one day this week	Try a new restaurant	Eat fruit for dessert	Take a walk	Create your own healthy challenge
Laugh out loud once a day	Get up and move every hour for 5 mins	Take the stairs	Park further away from the door	Try a new fruit/vegetable

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B	I	N	G	O
Take a walk	Exercise a little each day	Watch a sunrise/sunset	Eat ice cream one day this week	Put down the salt shaker
Sub honey for sweeteners	Take the stairs	Write down three things you feel grateful for daily	Have lunch outside	Cook at home 3x
Perform a random act of kindness	Be positive	**FREE**	Go to the gym 3x	Eat one piece of chocolate daily
Get up and move every hour for 5 mins	Laugh out loud once a day	Create your own healthy challenge	10000 steps this week	Try a new restaurant
Try a new fruit/vegetable	Park further away from the door	Go vegetarian for 5 meals	Meditate for a few minutes each day.	Eat fruit for dessert

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