

B	I	N	G	O
Try new foods	Be positive	Eat less salt	Meditate	Go to the gym
Cook at home	Take a walk	Journal	Brush your teeth	Shower daily
Use the stairs	Clean your room	FREE	Give to others	Go outside
Read a book	Go to Dr	Laugh	Eat vegetables	Jog
Clean your room	No soda	Eat fruit for dessert	Wake up early	Eat less red meat

B	I	N	G	O
Use the stairs	Wake up early	Brush your teeth	Go to Dr	Cook at home
Meditate	Go outside	Eat less salt	Jog	Clean your room
Give to others	Be positive	FREE	Eat vegetables	Laugh
Eat less red meat	Try new foods	Eat fruit for dessert	Read a book	Clean your room
Go to the gym	Exercise daily	Shower daily	Journal	Take a walk

B	I	N	G	O
Read a book	Eat vegetables	Use the stairs	Eat less red meat	Meditate
No soda	Shower daily	Wake up early	Go to Dr	Clean your room
Laugh	Brush your teeth	FREE	Give to others	Eat less salt
Exercise daily	Go to the gym	Clean your room	Be positive	Try new foods
Take a walk	Journal	Go outside	Jog	Eat fruit for dessert