

B I N G O

WeBeFit.com

Turn Down
Dessert and
Eat Fruit

Make Every
Phone Call
1 Day While
Walking

Eat 5
Different
Veggies in
a Single Day

Sleep at
Least 7
Hours for
3 Nights

Skip Alcohol
for 1 Week

Walk or Bike
Somewhere
You Normally
Drive To

For 1 Day
Drink Water
Before Every
Meal

Do at Least
3 30-Minute
Workouts in
1 Week

Eat
Breakfast
Every Day
for a Week

Take a Walk
for at Least
20 Minutes

Cook 1 New
All Vegetable
Recipe

Do at Least
15 Minutes
of Intervals

free

Wash
Purse or
Clean Out
Wallet

Write Down
All You
Eat & Drink
for 3 Days

Commit a
Random Act
of Kindness

Have a "No
Junk Food"
Day

Pick a Song
and Dance to
it Right After
Waking Up

For 3 Days
Eat Every
Meal at a
Dining Table

Walk
at Least
5000 Steps
in 1 Day

Pack a
Lunch
Instead of
Fast Food

For 3 Days
Watch TV
1 Hour
or Less

Write 1
Health Goal
and Post on
Refrigerator

Read a
Newspaper
or News
Magazine

For 3 Days
Wash Hands
Before
Every Meal