

B I N G O

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| Park in Spot Farthest Away from Door | Eat 1 Salad a Day for 3 Days | Do at Least 3 Workouts That Make You Sweat | Plan Your Meals for 1 Week | Take a Power Nap |
| Eat a Vegetable You've Never Had | For 1 Day Walk 2 Min. Every Hour You Sit | Make 5 Home Cooked Meals | Write Tomorrows To-Do List Before Bed | Read Every Nutrition Label for 3 Days |
| Walk 1 Flight of Stairs 3 Times | Drink No Soda for 1 Week | free | Use 9-inch or Smaller Plates for 1 Week | Spend 2 Hours Outside in a Week |
| Floss for 1 Week | Do Something for a Local Charity | Eat 1 Fruit You've Never Tried | Jump Rope 3 Minutes or Play 1 Round of Hopscotch | Read a Book for Fun |
| Stretch 5 Minutes a Day for 5 Days | Cook & Freeze 8 Healthy Meals | Ride a Bike for at Least 20 Minutes | Chew Every Bite 5 Times for 1 Day | Turn Off Social Media Alerts for 1 Week |