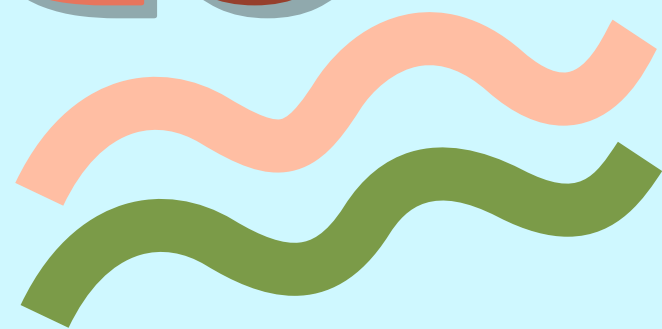




**HEALTHY  
HABITS**

**BINGO**

*Challenge*



ADD  
PROTEIN  
TO EVERY  
MEAL

50 SQUATS

GO NUTS –  
HAVE SOME  
NUTS TODAY

100  
PUNCHES



NO SUGARY  
SNACKS

COMPLETE AN  
EXTRA 2000  
STEPS

COOK  
YOUR  
FAVOURITE  
'FAKEAWAY'

**BONUS**  
COMPLETE  
YOUTUBE  
WORKOUT

**livewell**