



**HEALTHY  
HABITS**

**BINGO**

*Challenge*



SWAP A  
SNACK FOR A  
HEALTHIER  
ONE

COMPLETE  
AN EXTRA  
1000  
STEPS  
THAN YOUR  
AVERAGE

GET YOUR 5  
A DAY IN

50 PRESS-  
UPS



DRINK 2L  
OF WATER

50 JUMPING  
JACKS

COOK/  
PREPARE  
FROM  
SCRATCH  
FOR ONE  
DAY

**BONUS**  
COMPLETE  
YOUTUBE  
WORKOUT

**livewell**