

BINGO

Wellness Edition

no electronics/ screens after 9pm	SLEEP 7-8 HRS	WRITE 3 THINGS U R GRATEFUL FOR	meditate for 10 mins.	15 MINS. OUTDOOR ACTIVITY
EAT SLOWLY AND MINDFULLY	TAKE A RELAXING BATH	WORKOUT 20-30 MINS.	eat meals on a smaller plate	TAKE 10 MINS. TO YOURSELF
eat 5 fistfuls of veggies	limit alcohol	FREE	drink 64 ounces of H2O	TRY SOMETHING NEW
sleep 7-8 hours	EAT 5 FISTFULS OF VEGGIES	listen to music	talk to someone you trust	plan 1 meal
LAUGH	take a nap	Do at least 1 act of kindness	20 MIN. WALK	STRENGTH EXERCISES

