

MyRevolution Wellness BINGO

Complete up to (2) squares per day. Challenge yourself and have fun. Share your success with me by posting on the Facebook page. Each BINGO enters you into the prize drawing. Blackout BINGO earns you a FREE coaching session with me.

WALK FOR 30 MINUTES	YOGA 20 MINUTES	SHARE A HEALTHY RECIPE ON THE FACEBOOK PAGE	DRINK 2 LITERS OF WATER	TURN OFF OVERHEAD LIGHTS 1 HOUR BEFORE BED
GET 7 HOURS OF SLEEP	WRITE DOWN GRATITUDE FOR 3 THINGS	PREP YOUR LUNCHES	TRY A NEW WORKOUT	STRETCH FOR 10 MINUTES
EAT A HEALTHY BREAKFAST	HOW MANY PUSHUPS CAN YOU DO IN 1 MINUTE?	Free	PUT ALL SCREENS IN NIGHT MODE AFTER 7 PM	WALK OUTSIDE FOR 20 MINUTES
DO 10 CHAIR DIPS OR PUSHUPS 3X IN A DAY	DO SOMETHING KIND FOR SOMEONE ELSE	EAT YOUR MEALS IN A 12-HOUR WINDOW	HOW MANY AIR SQUATS CAN YOU DO IN 1 MINUTE?	EAT A VEGGIE AT LUNCH AND DINNER
20 MINUTE WORKOUT OF YOUR CHOICE	TRY A NEW RECIPE	DO SOMETHING KIND FOR YOURSELF	DO A BREATHING EXERCISE	INVITE A FRIEND TO JOIN THE CHALLENGE OR FB GROUP

Daily 2K
Completed

