

# Bingo Challenge

B	I	N	G	O
Planned tomorrow's meals, snacks & water intake	Did 10 – 2 min cardio intervals (ie. skipping, stairs, jogging in place etc.)	Ate breakfast within 30 min of waking.	Ate green vegetables at 2 meals and 1 snack.	Took a 20 min walk on my lunch break.
DATE COMPLETED	DATE COMPLETED	DATE COMPLETED	DATE COMPLETED	DATE COMPLETED
Tried a new fresh herb.	Ate protein with each snack and meal today	Herbal tea and water were the only liquids I drank today.	Read an article or blog on healthy eating.	Ate only natural foods today (no packaged foods)
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DATE COMPLETED	DATE COMPLETED	DATE COMPLETED	DATE COMPLETED	DATE COMPLETED
Ate fresh raw vegetables as a snack.	Did 30 minutes of cardio outdoors (ie. hiking, running, biking)		Did 20 min of stretching or yoga	Tried a new outdoor activity for 30 min (ie rollerblading, hiking, Frisbee)
				ACTIVITY
DATE COMPLETED	DATE COMPLETED		DATE COMPLETED	DATE COMPLETED
Ate some protein for breakfast today.	Did 100 jumping jacks, sit ups and push ups EACH today.	Ate only natural foods today (no packaged foods)	Made my lunch and snacks.	Did 30 min of cardio today (ie. exercise video, aerobics, etc)
DATE COMPLETED	DATE COMPLETED	DATE COMPLETED	DATE COMPLETED	DATE COMPLETED
Drank 8 glasses of water. (does not include water consumption while exercising)	Made a new healthy recipe	Completed 30 minutes of exercise outdoors (ie. cardio, strength, etc.)	Herbal tea and water were the only liquids I drank today.	Stopped eating 2 hours before going to bed.
	RECIPE			
DATE COMPLETED	DATE COMPLETED	DATE COMPLETED	DATE COMPLETED	DATE COMPLETED