



HOLIDAY

Bingo

Take a walk outside	List 3 good things that happened this year	Go to bed early	Stretch for 15 minutes	Get at least 8 hours of sleep
Read for 20 minutes	Complete a task you have been putting off	Eat a healthy breakfast	Say something nice about yourself	30 minutes of movement
Try a new, healthy recipe	Compliment someone	FREE SPACE	Take a walk outside	List 3 good things that happened this year
Write down 3 goals for the new year	Read for 20 minutes	Stretch for 15 minutes	Meditate	Eat a healthy breakfast
Compliment someone	30 minutes of movement	Meditate	Try a new, healthy recipe	Say something nice about yourself