

HEALTH BINGO

 <p>Walk</p>	 <p>10k Steps</p>	 <p>Work Out</p>	 <p>Prep Snacks</p>	 <p>Learn</p>
 <p>Destress</p>	 <p>Meal Prep</p>	 <p>Try Something New</p>	 <p>No Soda</p>	 <p>Desk Exercises</p>
 <p>Take Ten</p>	 <p>Plank or Pushups</p>		 <p>Skip Sweets</p>	 <p>Pick Plants</p>
 <p>Sleep</p>	 <p>Find a Friend</p>	 <p>No Desk Lunch</p>	 <p>Skip Alcohol</p>	 <p>Stretch</p>
 <p>Desk Exercises</p>	 <p>Learn</p>	 <p>H2O</p>	 <p>Walk</p>	 <p>Sleep</p>