

Healthy Lifestyle Monthly Blackout BINGO

Made the bed today.	Did a plank today.	Mediated today.	Ate a serving of fruit today.	Cleaned out a cluttered space today.
Did an ab workout today.	Sat quietly and breathe deeply today.	Ate a serving of seasonal vegetables today.	Saved money today.	Went for a walk today.
Wrote something I'm grateful for today.	Drank 64 ounces of water today.	Ate slowly today.	Stretched today.	Only positive thoughts today.
Ate seafood today.	Ate mindfully today.	Did a strength workout today.	Said thank you to someone today.	Had a smoothie today.
No TV today.	Did push ups today.	Smiles at a stranger today.	Planned dinners for one week today.	Enjoyed a distraction free meal today.
Did squats today.	Ate no meat today.	Tried a new healthy recipe today.	Moved more than I sat today.	Did evening stretches today.

"Our goals can only be reached through a vehicle of a plan, in which we must fervently believe, and upon which we must vigorously act. There is no other route to success."

—Pablo Picasso

How to play Healthy Lifestyle Habits BLACKOUT BINGO

- Each month, start with a clean BINGO card
- Every time you accomplish one of the LEAN challenges in a square, blackout the square as completed.
- The goal is to have the entire card blacked out by the last day of the month.

At the end of each month, evaluate how many squares you blacked out, which actions were easier versus harder for you to accomplish, then challenge yourself to do a little bit better next month. You can challenge yourself and members of your family to a BLACKOUT BINGO competition and see who gets the most squares!

What does Living LEAN mean?

Living LEAN means to live an intentional, purposeful, and simplified lifestyle putting the focus on the daily actions that lead to a more enjoyable and healthier quality of life. By focusing our daily efforts on the four pillars of good health and wellbeing, we build positive habits that lead to improved health outcomes for the future.

These four pillars are:

- L - Lifestyle** *(the way we choose to live)*
- E - Exercise** *(the way we choose to move)*
- A - Attitude** *(the way we think and view the world)*
- N - Nutrition** *(the way we eat and nourish our bodies)*

When we consistently practice being intentional about how we choose to live our lives, how we move our bodies, how we think and feel, and what we eat, we can build a life full of effective habits that lead to permanent and sustainable behaviors resulting in the life we desire most.

This month of 30 positive actions is brought to you by...



Please visit us at www.livingleannow.com for more information and tips on how to live a healthier, happier, and more purposeful life!

Healthy Lifestyle Habits

BLACKOUT BINGO

Include vegetables in every meal today	Read something positive before bed tonight	Stretch or foam roll for 10 minutes today	Be kind to a service worker today	Pay attention to your hunger cues today <i>(am I really hungry?)</i>
No electronics 1 hour before bedtime. <i>(cell phones, tablets, or computers)</i>	Eat a seasonal fruit today	Volunteer to help someone	Plant something today <i>(flowers, vegetable or tree)</i>	Clean out a small thing in your home <i>(drawer or closet)</i>
Go on a hike today	Sit in silence for 10 minutes and focus on your breathing	Eat seafood today <i>(fish/seaweed... something from the sea)</i>	No packaged or processed food today <i>(only whole real food)</i>	Explore a new activity today <i>(get creative)</i>
Have a healthy smoothie <i>(with fruits/veggies healthy fats protein)</i>	Walk around and explore your or a new neighborhood today	Smile at a stranger today	Drink only pure water today	Share in good conversation and a healthy meal with someone
Discover something new about a friend or yourself	Complete a 10 minute ab workout	Tell someone close to you what you appreciate about them	No high calorie high sugar drinks today	Make your bed and tidy up your bedroom
Walk a minimum of 1 mile	Write down what you value most in life	Less than 1 hour of TV today	Ask the most important person in your life if you're being a good friend/partner	Laugh out loud

*"First forget inspiration.
Habits are more dependable.
Habits will sustain you whether
you're inspired or not."*

*- Octavia Butler
(American science fiction author)*

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LEAN
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Healthy Lifestyle Habits

BLACKOUT BINGO

<p>Took a short evening stroll after dinner with family or friends.</p>	<p>Went on a neighborhood walk today.</p>	<p>Told myself that "Today will be a great day" upon waking up!</p>	<p>Ate an in-season summer fruit.</p>	<p>Only ate when I was hungry today.</p>
<p>Bounced a ball or balloon in the air for 1 minute without letting it fall on the floor.</p>	<p>Said "hello" to a stranger.</p>	<p>No desserts or other sweets today.</p>	<p>Had a distraction free meal with no TV, phone, computer.</p>	<p>Completed 10 pushups against the bathroom counter after brushing my teeth.</p>
<p>Thought of one thing I am grateful for in life right now.</p>	<p>Tried a new vegetable recipe today.</p>	<p>Relaxed and stretched for 10 minutes before bedtime.</p>	<p>Held a 1 minute plank between commercial breaks when watching my favorite show.</p>	<p>Got outside to bask in the sun or under the shade of a tree and enjoyed the outdoors.</p>
<p>Made and enjoyed a healthy smoothie for breakfast.</p>	<p>Took care of a task on my TO-DO list that I've been putting off.</p>	<p>Got up every minute when on the computer to stretch my legs and back.</p>	<p>Complimented someone on something I appreciate about them.</p>	<p>Ate fruit and or vegetables at every meal and snack today.</p>
<p>No high calorie beverages today such as alcohol, fancy coffee drinks and sodas.</p>	<p>Did an online exercise class.</p>	<p>Said "thank you" when someone did something nice for me.</p>	<p>No fast or prepared restaurant or convenience food today.</p>	<p>Ate slowly and stopped before getting full.</p>
<p>Tried an online or live yoga class.</p>	<p>Helped a friend, stranger or organization in need.</p>	<p>Ate seafood today.</p>	<p>Kept the kitchen clean today.</p>	<p>Played on playground equipment like swings, jungle gyms and pull up bars.</p>

"If you are going to achieve excellence in big things, you develop the habit in little matters. Excellence is not an exception, it is a prevailing attitude."

-Colin Powell

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