

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!