

wellness bingo

 <p>get 5K steps</p>	 <p>meditate for ten minutes</p>	 <p>eat a serving of veggies</p>	 <p>clean out your email</p>	 <p>stretch for 10 minutes</p>
 <p>take a bath</p>	 <p>clean up the clutter</p>	 <p>move for 30 minutes</p>	 <p>read for 15 minutes</p>	 <p>take your vitamins</p>
 <p>do 20 squats</p>	 <p>be kind</p>	 <p>live in wellness</p>	 <p>get 8 hours of sleep</p>	 <p>choose a healthy snack</p>
 <p>diffuse an essential oil</p>	 <p>drink 32 oz of water</p>	 <p>make your bed</p>	 <p>say "I'm sorry"</p>	 <p>random act of kindness</p>
 <p>list five things you're grateful for</p>	 <p>wash before every meal</p>	 <p>eat a piece of fruit</p>	 <p>take 5 deep breaths</p>	 <p>call someone you love</p>