

Wellness BINGO

Spend an hour outside today	Do a brain dump journaling session	Download the EWG app	Write down 3 things you love about yourself	Take a rest day
Go to bed 30 minutes earlier tonight	Write down 3 goals for the future	Eat without any distractions today	Read a spiritual classic	Read a nutrition-related article
Go to a religious service	Spend an hour relaxing		Listen to some music	Drink 80 oz of water today
Spend 10 minutes tonight reflecting on your day	Tell someone your grateful for them	Do a mindfulness meditation	Schedule a doctor appointment	Volunteer
Wash your face	Eat a plant-based meal or snack	Give someone a compliment today	Get 10,000 steps today	Get a massage