

Name: _____

<i>B</i>	<i>I</i>	<i>N</i>	<i>G</i>	<i>O</i>
I ate a technology free meal once each day (no tv, phone, etc. while eating)	I ate a fruit or vegetable for a snack today.	I drank 5 cups of water each day this week.	I was conscious of my posture every time I had a snack or meal.	I tried a new activity this month that I had never done before.
I sent a letter or a card to someone this month.	I did some type of physical activity each day.	I had at least 1 serving of whole grain products each day this week.	I tried a new recipe this month.	I chose one plant-based protein this week. (beans, nuts, lentils, seeds)
I danced this month somewhere in my house.	I tried the Forever in Motion online exercise class.	I told someone about the benefits of physical activity.	I prepared a meal containing all 3 food choices (fruits/vegetables, protein, whole grains)	I filled half of my plate with vegetables and/or fruit at one or more meal.
I had at least 1 serving of meat and alternatives each day this week.	I read a book or magazine for at least 15 minutes each day this week.	I visited with someone on the phone or Facetime at least once each week.	I went to the Heart and Stroke website for healthy ideas & recipes www.heartandstroke.sk.ca	I ate a healthy breakfast this morning.
I walked for 10 minutes today without stopping.	I did deep breathing at least once each day this week. (10 slow and deep breaths)	I took the stairs in my house a few extra times for exercise.	I tried a new food that I had never tried before.	I had fun participating in this In Motion Bingo!

Let's have some fun this month and see how many squares we can complete!