

NEW YEAR HEALTHY GOALS

Week 1

B I N G O

Lift Weights	Eat Healthy Breakfast	Take a Walk	Morning Workout	Go to Bed Early
Cycling	Cadillac Level 2 Class	Drink Water	Turn Phone Off Early	Meditate
Stop Eating Sugar-1 Day	Take a Walk	Evening Workout	Workout with Someone	Cadillac Squats
Set 1 Healthy Goal	Bicep Curls	Eat Healthy Protein	Cadillac All Level Class	Eliminate Processed Food
Drink Water	Mindful Eating	30 Sec Plank	Stretch Before Bed	Lifting