

B	I	N	G	O
Practiced planking	Had no more than 1 alcoholic drink	Watched no more than 1 hour of news	Had 6-8 glasses of healthy fluids*	Learned a new word and use it
Laughed out loud (even if you fake it)	Did walking lunges across a room	Wrote down 3 things I'm grateful for	Called or videochatted with someone	Did something creative
Ate 5-10 servings of vegetables	Did 20 minutes of cardiovascular activity	<b>FREE</b>	Took 10 slow, deep breaths	Wrote and sent a kind message to someone
Did pushups or sun salutations	Sang out loud	Read part of a book or magazine	Limited social media to 30 minutes	Sat or stood up straight for 10 breaths
Thought of 3 people I'm happy to know	Challenged my balance (safely, of course)	Did one exercise I find challenging	Acted ridiculously, outrageously silly	Flossed your teeth

**Notes:**

For cardiovascular activity, this might be all at once or it can be spread out over the day.

For all the exercises, you get to choose how you do them. For planking, for example, you might be on your elbows and knees. For pushups you could be on your knees or you might do them one-handed (or finger!). For balance exercise, you might be holding onto a counter, table, or chair or you might be on your toes, one leg in the air, and eyes closed. Choose based on your own ability. And give yourself permission to sub in something else healthy to do if that is safer for you.

\* Health fluids refers to non-caffeinated, non-sugary, non-alcoholic drinks.

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