

# Healthy Habits Bingo

Week 4, January 23 to 31



<b>Yoga Class</b>	<b>Guided meditation from Insight Timer or similar app.</b>	<b>Yoga Class</b>	<b>Practice balancing on one foot for 1 minute on each side</b>	<b>Drink an extra glass of water</b>
<b>3 minute seated meditation. Just breathe.</b>	<b>Yoga Class</b>	<b>Clean out 1 drawer</b>	<b>Yoga Class</b>	<b>Start a gratitude journal</b>
<b>Yoga Class</b>	<b>Go for a wintery walk</b>	<b>Take 3 deep breaths</b>	<b>Legs up the wall for 3 minutes</b>	<b>Yoga Class</b>
<b>Give yourself a foot massage</b>	<b>Yoga Class</b>	<b>Start a new book</b>	<b>Have a salad for lunch</b>	<b>No screens for 1 hour</b>
<b>Epson Salt Bath to relax</b>	<b>60 second dance party!</b>	<b>Yoga Class</b>	<b>Start the day with a glass of lemon water</b>	<b>Yoga Class</b>

Be sure to turn in your completed bingo card by end of day January 31, winner will be announced Wednesday Feb 1. You can email it to [robyn@gentlehealinghelen.com](mailto:robyn@gentlehealinghelen.com) or drop it by the studio. The next bingo card will be shared January 8 as well! You can play every week!