

# Wellbeing Habit Bingo

SheMed<sup>®</sup>

WEIGHT LOSS PROGRAMME

Each time you complete a behaviour, cross it off your scorecard. Think about how you could reward yourself for achieving a line or the board. Maybe you could buy yourself some flowers, a new gadget, or plan a day out to celebrate.

<input type="checkbox"/> Drink 2l of water	<input type="checkbox"/> Have 5 fruits or vegetables	<input type="checkbox"/> Get morning sunlight	<input type="checkbox"/> Get 8 hours sleep	<input type="checkbox"/> Go for a walk
<input type="checkbox"/> Try a new recipe	<input type="checkbox"/> Practice mindful eating	<input type="checkbox"/> Limit screen time before bed	<input type="checkbox"/> Learn a new skill	<input type="checkbox"/> Stretch for 5 minutes
<input type="checkbox"/> Have a balanced breakfast	<input type="checkbox"/> Practice gratitude before bed	<input type="checkbox"/> Have a tech-free meal	<input type="checkbox"/> Choose wholegrains over refined	<input type="checkbox"/> Practice positive affirmations
<input type="checkbox"/> Choose a non-sugary snack	<input type="checkbox"/> Complete an outdoor activity	<input type="checkbox"/> Schedule self-care time	<input type="checkbox"/> Replace caffeine with a herbal tea	<input type="checkbox"/> Pratice portion control
<input type="checkbox"/> Practice a new sleep hygiene behaviour	<input type="checkbox"/> Explore a new walking route	<input type="checkbox"/> Buy a new piece of clothing	<input type="checkbox"/> Try a new form of exercise	<input type="checkbox"/> Call a friend for a chat