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METABOLIC MAY

Increase Your Weights	Extra Steps	Total Body Strength	Earlier Than Usual Bedtime	Double Walk Day
Outdoor Movement	Fruit First	Stair Break	Non-Training Stress Relief	5 Minute Power Up
Lower Body Strength	Protein-Packed Breakfast	Protein-Packed Dinner	Extra Standing Time	Veggie Volume Meal
Screen-Free Evening	Quality Night's Sleep	HEC Check	Upper Body Strength	Park Far Away
Protein-Packed Lunch	Non-Weights Progress	Leisure Walk	Fiber Rich Snack	Play With Kids or Pet