

White House Seventh-day Adventist

Bingo Card

I can do all things through Christ
who gives me strength.

Philippians 4:13

Nutrition

Tried intermittent fasting today.

Had a plant-based diet today.

No snacks between meals today, only water.

Organized my fridge with healthier food items.

Had a smoothie this morning.

Exercise

I took a brisk walk today outdoor.

I did chair exercises while sitting.

I exercised deep breathing today.

Introduced a new sport or exercise into my routine, and I followed it today.

No excuses for not exercising today. I was determined to do it.

Rest

I received 6-8 hours of rest.

No bright light activity (Phone, tv) within an hour before bedtime.

I did not sleep more than 8 hours today.

I did not take longer than a 20-minute nap today.

Made a schedule for regular sleeping and eating and followed it today.

Social

I did not worry or fear without giving it to God today.

I had an attitude of gratitude all day today.

I spent less than 1 hour on social media today (e-fast)

I spoke with a friend today.

I helped someone in need today.

Environment

Avoided negative speech today.

I decluttered something I've been putting off.

I stayed focused on the here and now. Staying in the moment.

I read my Bible today.

Made a check list for morning routine and evening routine and posted it to where I can see it.