



Beatles "Ringo"

The Long and Winding Road

R	I	N	G	O
You Can't Do That - Do something you think you CAN'T do	I Should Have Known Better – Log your nutrition	Savory Truffle - Cut out your temptation food for one day	Twist & Shout - do a GOYBAD	A Hard Day's Night – Work out hard for at least 20 min
The Long & Winding Road - Take a walk	Strawberry Fields Forever – Eat at least 5 servings of fruits and veggies	Octopus' Garden - Eat seafood (or other foods) rich in omega 3 fatty acids (salmon, flax, walnuts, etc)	Yellow Submarine – Go for a swim (or other aerobic activity) 30 min	I'm a Loser – Lose one bad habit you still have for a day
I'm Only Sleeping – Get 7-8 hours of sleep	Carry That Weight – Do strength training	Free as a bird Space	I Feel Fine – Treat yourself to something that makes you feel fine	Here Comes the Sun – Spend 20 minutes outside
With a Little Help From My Friends – Help a spark friend with a comment or goodie	I'm Happy Just to Dance With You – Post a GOYBAD	Paperback Writer – Write a blog post	Think For Yourself – Choose one healthy habit to work on today	Run For Your Life – Go for a run (or walk/run)
Ob-la-di Ob-la-da - Have some fun!	How Do You Do It? – Get good advice about your health by reading a health article on Spark	I'll Keep You Satisfied – Write down 10 things you are grateful for	Let It Be – Let go of something (or forgive someone) that's holding you back	Old Brown Shoe – Get rid of those old clothes that don't fit or make you feel frumpy

Please print out a copy (4) of the BINGO card for each day of the challenge.

POINTS are as follows:

5 pts per square covered. (Up to 25 squares for a total of 125 possible points.) Yes the free square counts. 10 pts per BINGO (5 in a row across, down, or diagonal) Max 50 points per day.

50 pt bonus for BLACKOUT (fill in every square on the card) Each day you can earn up to 225 pts.

Tracker Template

Beatles RINGO: F (0 /225), S (0 /225), S (0 /225), M (0 /225), Total: (0 /900)