


I THINK IT'S MONDAY

# Healthy Habits Bingo

Work from Home Coronavirus Edition

MADE THE BED	ATE GREENS/ VEGGIES WITH BREAKFAST	HAD A RESTFUL SLEEP LAST NIGHT	DIDN'T EAT OR DRINK ARTIFICIAL SUGARS	PRACTICED PROPER PHYSICAL DISTANCING
DIDN'T GIVE INTO MY CRAVINGS	SET A DAILY INTENTION	STRETCHED MY BODY	MANAGED MY SOCIAL MEDIA TIME	LEARNED SOMETHING NEW
TOOK PROBIOTICS OR ATE SAUERKRAUT, KIMCHI, KEFIR.	TOOK 10 DEEP BREATHS		DRANK 64 OUNCES OF WATER	TOOK A MULTI-VITAMIN
ATE HEALTHY SNACKS/ DIDN'T SNACK	MEATLESS MONDAY	AM BEING KIND TO MYSELF	TOOK B COMPLEX SUPPLEMENT	READ 10 PAGES OF A BOOK
WASHED MY HANDS FOR 20 SECONDS	MOVED FOR 10 MINUTES, 3 TIMES TODAY	GOT DRESSED	ATE DINNER AT LEAST 3 HOURS BEFORE BED	LISTED 3 THINGS I'M GRATEFUL FOR

Download your daily template from [HealthyHabitsBingo.com](http://HealthyHabitsBingo.com)

I'm shifting my habits to avoid the #Quarantine15


**#HealthyHabitsBingoChallenge**

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IT'S TUESDAY, RIGHT?

# Healthy Habits Bingo

Work from Home Coronavirus Edition

ATE MINDFULLY	THANKED SOMEONE	ATE GREENS/ VEGGIES WITH LUNCH	DRANK WATER WITH LEMON JUICE	PRACTICED PROPER PHYSICAL DISTANCING
CREATED/ USED MY STANDING DESK	DRANK 64 OUNCES OF WATER	DID 1-MIN PLANK	JOURNALED	ATE GREENS/ VEGGIES WITH DINNER
DIDN'T DRINK ANY SODA TODAY	READ PERSONAL DEVELOPMENT BOOK FOR 10 MINS		PUT ON PANTS	TOOK 10 DEEP BREATHS
MOVED MY BODY	SPENT 10 MINS DECLUTTERING A SPACE	HAD A HEALTHY SMOOTHIE/ SHAKE	PROCESSED MY NEGATIVE THOUGHTS	ATE NUTS OR SEEDS, E.G. ALMONDS, WALNUTS, CHIA, HEMP
TURNED OFF THE NEWS	WENT TO BED BY 10PM LAST NIGHT	TOOK THE STAIRS	TRY-IT TUESDAY: TRIED A NEW THING, LIKE A RECIPE	LAUGHED TODAY

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YAY FOR WEDNESDAY!

# Healthy Habits Bingo

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WELLNESS WEDNESDAY: DID SOMETHING JUST FOR ME	READ INGREDIENT LABELS	TOOK VITAMIN D SUPPLEMENT OR GOT SUN FOR 10 MINS	ATE HEALTHY SNACKS/ DIDN'T SNACK	SET A DAILY INTENTION
MANAGED MY SOCIAL MEDIA TIME	ATE GREENS/ VEGGIES WITH LUNCH	DRANK 64 OUNCES OF WATER	LISTED 3 THINGS I'M GRATEFUL FOR	NOURISHED MY BODY
TOOK VITAMIN C SUPPLEMENT OR ATE FOODS HIGH IN VITAMIN C	MADE THE BED	 <b>FREE</b> ONE DEGREE HEALTH #onedegreehealth	DRANK WATER FIRST THING IN THE MORNING	ATE DINNER AT LEAST 3 HOURS BEFORE BED
READ/ LISTENED TO SOMETHING INSPIRATIONAL	THANKED A HEALTHCARE WORKER/ FIRST RESPONDER/ DELIVERY PERSON/ GROCERY WORKER	ATE A WHOLE-FOOD PLANT-BASED MEAL	AM BEING KIND TO MYSELF	GOT DRESSED
PRACTICED PROPER PHYSICAL DISTANCING	HAD A RESTFUL SLEEP LAST NIGHT	HAD A HEALTHY SMOOTHIE/ SHAKE	ATE A DAIRY-FREE MEAL	DOWNLOADED FREE HEALTHY HABITS BOOK @ <a href="https://onedegreehealth.com/download">ONEDEGREE HEALTH.COM /DOWNLOAD</a>

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IT'S THURSDAY, I THINK?

# Healthy Habits Bingo

Work from Home Coronavirus Edition

30 JUMPING JACKS	ATE A SUGAR-FREE MEAL	CREATED/ USED MY STANDING DESK	REACHED OUT TO A FRIEND, COWORKER, FAMILY MEMBER	TOOK B COMPLEX SUPPLEMENT
DIDN'T EAT OR DRINK ARTIFICIAL SUGARS	PRACTICED PROPER PHYSICAL DISTANCING	WENT TO BED BY 10PM LAST NIGHT	READ 10 PAGES OF A BOOK	PUT ON PANTS
TURNED OFF THE NEWS	DRANK 64 OUNCES OF WATER	 <b>FREE</b> ONE DEGREE HEALTH #onedegreehealth	DIDN'T GIVE INTO MY CRAVINGS	THANKFUL THURSDAY: THANKED SOMEONE
ATE GREENS/ VEGGIES WITH BREAKFAST	FOLLOWED @ONEDEGREE HEALTH ON INSTAGRAM	DRANK HERBAL OR GREEN TEA	DID 1-MIN PLANK	ATE NUTS OR SEEDS, E.G. ALMONDS, WALNUTS, CHIA, HEMP
WASHED MY HANDS FOR 20 SECONDS	ATE MINDFULLY	TOOK A BREAK FROM TECHNOLOGY	TOOK PROBIOTICS OR ATE SAUERKRAUT, KIMCHI, KEFIR.	ATE GREENS/ VEGGIES WITH DINNER

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TGIF, IT'S FRIDAY!

# Healthy Habits Bingo

Work from Home Coronavirus Edition

TOOK VITAMIN D SUPPLEMENT OR GOT SUN FOR 10 MINS	ATE A GLUTEN-FREE MEAL	CHANGED OUT OF PJS	COMPLIMEN- TED MYSELF	CREATED/ CLEANED UP MY HOME OFFICE SPACE
ATE GREENS/ VEGGIES WITH DINNER	DIDN'T DRINK ANY SODA TODAY	PRACTICED PROPER PHYSICAL DISTANCING	ATE HEALTHY SNACKS/ DIDN'T SNACK	STRETCHED MY BODY
CHEERED OR THANKED FIRST RESPONDERS & HEALTHCARE WORKERS	TOOK 10 DEEP BREATHS		DRANK 64 OUNCES OF WATER	MOVED FOR 10 MINUTES, 3 TIMES TODAY
DIDN'T EAT/DRINK ARTIFICIAL SUGARS	LAUGHED TODAY	GOT 8,000 STEPS	LEARNED SOMETHING NEW	ATE GREENS/ VEGGIES WITH LUNCH
DRANK WATER WITH LEMON JUICE	<b>TGIF!</b> FREE SQUARE	HAD A HEALTHY SMOOTHIE/ SHAKE	ATE DINNER AT LEAST 3 HOURS BEFORE BED	LISTED 3 THINGS I'M GRATEFUL FOR

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IT'S SATURDAY!

# Healthy Habits Bingo

Work from Home Coronavirus Edition

ATE NUTS OR SEEDS, E.G. ALMONDS, WALNUTS, CHIA, HEMP	DECLUTTERED MY BEDROOM/ BATHROOM	DIDN'T EAT/DRINK ARTIFICIAL SUGARS	LISTENED TO GOOD MUSIC	CHEERED OR THANKED FIRST RESPONDERS & HEALTHCARE WORKERS
MOVED MY BODY	DRANK 64 OUNCES OF WATER	PROCESSED MY NEGATIVE THOUGHTS	READ INGREDIENT LABELS	SELFCARE SATURDAY: DID SOMETHING FOR MYSELF
PLANNED MEALS FOR THE WEEK	DID 1-MIN PLANK		JOURNALED	"ATE THE RAINBOW" AT A MEAL
TOOK PROBIOTICS OR ATE SAUERKRAUT, KIMCHI, KEFIR.	ATE GREENS/ VEGGIES WITH DINNER	JOINED FACEBOOK GROUP: <u>ONE DEGREE HEALTH SHIFTERS</u>	ATE HEALTHY SNACKS/ DIDN'T SNACK	PRACTICED PROPER PHYSICAL DISTANCING
ZOOM/ FACETIMED/ PHONED A FRIEND	TOOK THE STAIRS	FEELING THANKFUL	ATE GREENS/ VEGGIES WITH BREAKFAST	TOOK A BREAK FROM TECHNOLOGY

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IT'S SAT-I MEAN IT'S SUNDAY

# Healthy Habits Bingo

Work from Home Coronavirus Edition

TOOK A BREAK FROM TECHNOLOGY	SOUL SUNDAY: DID SOMETHING FOR MYSELF	DRANK WATER WITH LEMON JUICE	PRACTICED PROPER PHYSICAL DISTANCING	ATE GREENS/ VEGGIES WITH LUNCH
30 JUMPING JACKS	DIDN'T EAT HIGHLY-PROCESSED FOODS	LISTED 3 THINGS I'M GRATEFUL FOR	PLAYED A BOARD GAME/ PUZZLE	SPENT 10 MINS DECLUTTERING A SPACE
TOOK VITAMIN D SUPPLEMENT OR GOT SUN FOR 10 MINS	CREATED/ CLEANED UP MY HOME OFFICE SPACE		ATE ZINC-RICH FOODS	DRANK 64 OUNCES OF WATER
PLANNED MEALS FOR THE WEEK	ATE A WHOLE-FOOD PLANT-BASED MEAL	MANAGED MY SOCIAL MEDIA TIME	GOT 8,000 STEPS	DIDN'T GIVE INTO MY CRAVINGS
SCHEDULED FREE SESSION @ <a href="https://onedegreehealth.com/schedule">ONEDEGREEHEALTH.COM/SCHEDULE</a>	REACHED OUT TO A FRIEND, COWORKER, FAMILY MEMBER	READ PERSONAL DEVELOPMENT BOOK FOR 10 MINS	LAUGHED TODAY	TOOK VITAMIN C SUPPLEMENT OR ATE FOODS HIGH IN VITAMIN C

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YAY I DID IT!

# My Week in Review

HABITS I DID WELL:

HABITS I WANT TO BE BETTER AT:

MY AH-HA MOMENTS THIS WEEK:

TOP THREE HABITS I WILL WORK ON NEXT WEEK:

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# Where are You on Your Health & Wellness Journey?



- I'm concerned about getting sick or developing a disease.
- My doctor or family member wants me to make lifestyle changes.
- I have a health issue or diagnosis, but don't know what to do next.

**1** If this is you, check out our [360 Wellness Assessment service.](#)



- I need expert guidance; I need help overcoming my health issue.
- I want accountability & support to meet my goals.
- I'm ready to make significant changes to my health.

**2** If this is you, check out our [Private Coaching program.](#)



- My body needs a tune-up.
- I need to be eating better.
- I want more energy & vitality.
- I want to lose weight.

**4** If this is you, check out our [SHIFT for Life 30-day Reset program.](#)



- I don't know my current health numbers or lab markers.
- I don't know the steps I need to take to keep my health on track.
- My doctor/insurance won't run the blood tests that I need.

**3** If this is you, check out our [Health Snapshot Labs & Analysis service.](#)



- I enjoy learning what I can do to be Happy & Healthy.
- I want to have regular access to nutrition & wellness experts.
- I want to be part of a like-minded community.

**5** If this is you, check out our [Health Shifters Membership program.](#)



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## 360 WELLNESS ASSESSMENT



- Has your doctor told you to modify your diet and exercise?
- Do you have high blood pressure, high blood sugar/A1C, or high cholesterol?
- Have you received a diagnosis, but don't know what to do next?

Then our comprehensive **360 Wellness Assessment** may be a good fit for you.

**Best For:** Concerned about developing a disease; Doctor wants you to make lifestyle changes; Have health issue or diagnosis, such as autoimmunity; gut, liver, heart, fertility, ED; cancer.



## PRIVATE COACHING



- Do you feel like you've tried everything, but nothing seems to work?
- Do you need an expert to guide you and hold you accountable to your goals?
- Are you tired of "dieting" and not seeing results?

Then our **Private Coaching** services may be a good fit for you.

**Best For:** Need expert guidance; Want accountability & support to meet your goals; Need to overcome a diagnosis, disease, health challenge. Ready to make significant health changes.



## HEALTH SNAPSHOT LABS & ANALYSIS



- Do you know your current health numbers and lab markers?
- Do you need guidance for how to meet your health goals?
- Are you tired of not seeing results?

Then our **Health Snapshot Labs & Analysis** service may be a good fit for you.

**Best For:** Everyone. We recommend everyone gets their Health Snapshot at least once a year.



## SHIFT FOR LIFE 30-DAY RESET



- Do you need a tune-up?
- Do you want to learn how to eat healthier & get better habits in place?
- Want to clean up your diet for 30 days?

Then our **SHIFT for Life 30-Day Healthy Eating Reset Program** may be for you.

**Best For:** Want to get your health & vitality back; Drop those pesky pounds; Stop "dieting" and learn healthy habits for life; Detoxify & cleanse your body.



## HEALTH SHIFTERS MEMBERSHIP



- Get access to the most current health & wellness education, coaching & resources, like monthly Wellness Coaching, Holistic Living Courses, Done-for-You Meal Planning, Anti-Inflammatory Recipes, Meditations, and more.

Join our community of Health Shifters at [JoinHealthShifters.com](#).

**Best For:** Anyone that wants to be a healthier, happier person and be part of a community with access to nutrition & wellness coaching, online courses, How-To resources, and more.



## READY TO GET STARTED?

Learn more about these programs at [Programs.OneDegreeHealth.com](#) or "take a picture" of the QR codes using your Smartphone to be directed to the webpage.

**Let's Chat.** Schedule a 30-min Wellness Strategy Session with our board-certified wellness coaches to discuss your health and nutrition goals at [OneDegreeHealth.com/Schedule](#)

