

Summer SELF-CARE BINGO

UNPLUG FROM TECHNOLOGY	GO FOR A WALK	SPEND TIME OUTSIDE	WATCH A SUN RISE	EAT SOME SEASONAL FRUIT
SLOW DOWN AND DO LESS	GO OUT FOR ICE CREAM	PUT ON YOUR BATHING SUIT	READ A BOOK	SIT IN THE SUN AND MEDITATE
DRINK WATER ALL DAY	MAKE A SUMMER PLAYLIST	HAVE THE BEST <i>Summer!</i>	READ A MAGAZINE BY THE POOL	BINGE-WATCH YOUR FAVORITE SERIES
HAVE A DANCE PARTY	STRETCH	GET A MASSAGE	GIVE YOURSELF A PEDICURE	GO FOR A SWIM
TAKE A MID-DAY NAP	DO YOGA OUTSIDE	MAKE YOUR OWN POPSICLES	HAVE A PICNIC	SAY NO