



## Livongo by Teladoc Health

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Getting healthy is hard work, but it also can be fun. Try rewarding yourself along the way. Play bingo! Share the board so your friends can play along. And post your winning board in comments. Be sure to tag us, too 😊.

[#NationalHealthyWeightWeek](#)

### ☆ Bingo ☆

Chose a nonalcoholic cocktail at the bar



Weighed myself this morning



Added 5 more pounds to my weight training



Got outside for a lunchtime walk



Free space!



Woke up 30 minutes early to meditate



Texted a friend for help instead of splurging



Added 10 minutes onto my workout



Got a full 8 hours of sleep



Celebrate your healthy wins!