



31 days OF WALKING FOR BETTER HEALTH

Listened to music on your walk	Saw Halloween or fall decor	Picked up trash on walk	Gave YGY product to someone to try	Spotted at least 2 dogs
Walked up an incline or stairs	Walked at least 1 mile	Walked every day this month	Had an evening walk	Took a walk with BFF
Stretched at end of your walk	Mixed 2 YGY products together	FREE!	Shared BTT with a friend	Used free weights
Took a walk with family or friends	Said hello to a stranger	Fitshake or TMR before or after walk	Brought a dog along on your walk	Walked for at least 30 min
Walked at least 1 mile	Rebound FX before or after walk	Saw leaves changing colors	Walked at least 8,000 steps	Stretched before or after

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