

# B I N G O

Organize 1 closet (show a before and after picture)	Change your Zoom background for case management	Drink a glass of water	Record yourself telling a joke (appropriate jokes only!)	Eat a vegetable at 1 meal each day for 7 days.
Wash your hands again	Write one paragraph per day for 7 days on how you remained sober that day (relapse prevention, any triggers? Cravings?)	Walk for 20 minutes per day for 7 days	Read a chapter in a book each day for 7 days and write 1 short paragraph on what you read	Listen to music
Write 10 things you are grateful for and why	Meditate for 20 minutes	<b>FREE SPACE</b>	Wash your hands	Eat a healthy dinner
Eat a healthy breakfast	Write down 10 things you like about yourself	Take 3 deep breaths	Clean 1 room in your house	Color a picture
Listen to TED talk	Try a new food	Take a video of you doing the moon walk	Give a compliment to Day Report staff during testing	Sit quietly outside for 20 minutes