

 B	W	E	L	L
Sell something you no longer need	8	Write out your budget	<i>Take a day off from social media</i>	Try a new HEALTHY recipe
Skip dessert and unhealthy snacks today	<i>Go for a walk</i>	V	Take the stairs whenever you can	Schedule your financial advisor/estate planning meeting
Go for a hike outside	Find ways to cut grocery costs		Compare electric bill rates to cut costs	<i>Get a full 8 hours of sleep</i>
<i>Start a new book</i>	No spend day	Walk 5000 steps today	Take a yoga class or stretch for 15 minutes	Log in to Voya
<i>Compliment a stranger</i>	Eat 3 healthy meals	"	Define your financial goals	Start a new workout class

WELCOME TO KURTZ BROS WELLNESS MONTH
LET'S START YOUR BWELL (BINGO) CARD

BWELLS are 5 across- horizontally, vertically, or diagonally, and the middle spot is always free. Remember to take selfies, when applicable, or send proof of completion to feedback@kurtz-bros.com