

BGCGG AT
HOME

Woo
Hoo



TAG BGCGG ON SOCIAL MEDIA!
USE THE HASHTAG #ILOVEMYBGCGG

MON

Healthy Habits

Drink 8-10 glasses/bottles of water
by days end

TUES

Recreation

Exercise for 30 minutes and take a
photo showing us what you did

WED

Fun Games

Play your favorite game and take a
picture

THU

Positivity

All day long spread/say positive
things to everyone you see

FRI

Your Favorite Healthy Snack

Take a photo of you with your
healthy snack

