

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