

B	I	N	G	O
tell someone "thank you"	brush your teeth	drink at least 4 cups of water	pick up litter or trash	go for a swim or play by the water
do something nice for someone	take the stairs	have a healthy breakfast	come up with a goal for this winter:	help with chores or clean your room
play outside or with friends	write down something you're thankful for:	FREE	come up with your own healthy activity	get a good night's sleep
get your blood pressure checked	play a game	give someone a compliment	eat a healthy snack	go for a walk
eat a healthy snack	do 20 jumping jacks	have a soda free day	write in a journal or draw a picture	drink at least 4 cups of water

B	I	N	G	O
write down something you're thankful for:	come up with a goal for this winter:	pick up litter or trash	do something nice for someone	have a healthy breakfast
drink at least 4 cups of water	write in a journal or draw a picture	go for a swim or play by the water	do 20 jumping jacks	help with chores or clean your room
get your blood pressure checked	come up with your own healthy activity	FREE	get a good night's sleep	brush your teeth
eat a healthy snack	have a soda free day	tell someone "thank you"	drink at least 4 cups of water	play a game
give someone a compliment	go for a walk	play outside or with friends	take the stairs	eat a healthy snack

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play outside or with friends	drink at least 4 cups of water	FREE	play a game	eat a healthy snack
write down something you're thankful for:	help with chores or clean your room	pick up litter or trash	write in a journal or draw a picture	drink at least 4 cups of water
get a good night's sleep	brush your teeth	have a healthy breakfast	do something nice for someone	eat a healthy snack