

B	I	N	G	O
Take walks - intentional movement daily	Accomplish a goal	Get enough sleep	Meal prep	Join a club
Build something	Take lots of pictures	Learn to play an instrument	Be grateful	Spend less time on phone
Try new foods	Be kind	Go to the gym	Hang out with friends	Save money
Help out around the house	Make new friends	Get good grades	Learn a new skill	Be more active
Read more	Buy new shoes	Visit family	Eat healthy	Go for a hike

B	I	N	G	O
Try new foods	Be kind	Spend less time on phone	Be grateful	Be more active
Eat healthy	Save money	Go to the gym	Join a club	Make new friends
Build something	Get enough sleep	Learn to play an instrument	Learn a new skill	Take walks - intentional movement daily
Help out around the house	Buy new shoes	Take lots of pictures	Get good grades	Meal prep
Read more	Visit family	Go for a hike	Accomplish a goal	Hang out with friends

B	I	N	G	O
Save money	Learn a new skill	Buy new shoes	Eat healthy	Get good grades
Be more active	Go for a hike	Build something	Go to the gym	Take walks - intentional movement daily
Help out around the house	Read more	Learn to play an instrument	Be kind	Take lots of pictures
Try new foods	Make new friends	Visit family	Be grateful	Accomplish a goal
Hang out with friends	Spend less time on phone	Meal prep	Get enough sleep	Join a club