B	I	N	G	O
Washing hands before meals	Avoiding screentime before bed	Eating junk food for snacks	Sleeping early	Managing my time effectively
Drinking a glass of milk every day	Taking a bath every day	Reading every day	Coming late to school/ class	Skipping meals
Studying everyday	Watching television	**FREE**	Completing homework last minute	Keeping my room clean
Learning new things	Sleeping/Waking up late	Listening to elders	Having a fruit every day	Playing video games
Exercising everyday	Drinking 6-8 glasses of water daily	Saying please/thank you	Writing diary	Drinking soda

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B	I	N	G	O
Watching television	Coming late to school/ class	Sleeping early	Drinking a glass of milk every day	Reading every day
Eating junk food for snacks	Writing diary	Managing my time effectively	Drinking 6-8 glasses of water daily	Skipping meals
Learning new things	Completing homework last minute	**FREE**	Keeping my room clean	Avoiding screentime before bed
Having a fruit every day	Saying please/thank you	Washing hands before meals	Drinking soda	Sleeping/Waking up late
Listening to elders	Playing video games	Studying everyday	Taking a bath every day	Exercising everyday

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B	I	N	G	O
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Studying everyday	Drinking soda	**FREE**	Sleeping/Waking up late	Having a fruit every day
Watching television	Skipping meals	Sleeping early	Writing diary	Eating junk food for snacks
Keeping my room clean	Avoiding screentime before bed	Reading every day	Drinking a glass of milk every day	Exercising everyday

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