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

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

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

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