

B	I	N	G	O
Wash Your Hands	1 Hour of Physical Activity	Choose healthy snacks	Limit Screen Time	Get at least 8 hours of sleep
Bike to School	Walk to School	Help a Friend	5 Fruit and Vegetables	Play a sport
Wear Sunscreen	Avoid Sugary Drinks	FREE	Do a Good Deed	Eat Breakfast
Love Yourself	Floss your teeth	Laugh	Cover Your Sneeze	Grow a Garden
Be Happy	Limit Treats	Brush Your Teeth	Wear a Helmet	Choose Water

B	I	N	G	O
Wear Sunscreen	Wear a Helmet	5 Fruit and Vegetables	Floss your teeth	Bike to School
Limit Screen Time	Eat Breakfast	Choose healthy snacks	Grow a Garden	Avoid Sugary Drinks
Do a Good Deed	1 Hour of Physical Activity	FREE	Cover Your Sneeze	Laugh
Choose Water	Wash Your Hands	Brush Your Teeth	Love Yourself	Be Happy
Get at least 8 hours of sleep	Dance	Play a sport	Help a Friend	Walk to School

B	I	N	G	O
Love Yourself	Cover Your Sneeze	Wear Sunscreen	Choose Water	Limit Screen Time
Limit Treats	Play a sport	Wear a Helmet	Floss your teeth	Avoid Sugary Drinks
Laugh	5 Fruit and Vegetables	FREE	Do a Good Deed	Choose healthy snacks
Dance	Get at least 8 hours of sleep	Be Happy	1 Hour of Physical Activity	Wash Your Hands
Walk to School	Help a Friend	Eat Breakfast	Grow a Garden	Brush Your Teeth