

B	I	N	G	O
Turn off screens at least 30 minutes before bed	Avoid caffeine after 2 PM	Get at least 7 hours of sleep tonight	Take a 10-minute stretch break between study sessions	Practice deep breathing for 5 minutes
Drink 8 glasses of water today	Try a new hobby or creative activity	Say "no" to something that drains your energy	Connect with a friend or family member	Spend time with a pet or in nature
Treat yourself to a small reward (like a favorite snack)	Watch a funny video or show	FREE	Do a 5-minute guided meditation	Journal about your feelings or stressors
Listen to your favorite music or podcast for relaxation	Take a social media break for a day	Organize your study space or clean up your room	Go for a 15-minute walk outside	Say something kind to yourself in the mirror
Give yourself a hand massage or stretch your hands	Do a short workout or yoga session	Spend 5 minutes practicing mindfulness	Write down three things you're grateful for	Eat a healthy home-cooked meal

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Go for a 15-minute walk outside	Spend 5 minutes practicing mindfulness	Turn off screens at least 30 minutes before bed	Eat a healthy home-cooked meal	Take a social media break for a day
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