

B	I	N	G	O
Sleep	10 arm circles	5 arm circles	June	Fat/Oils
4 knee lifts	Protein	Hand massage	2 claps	Physical Activity
Vegetables	2 raise the roof	FREE	Grains	Aging
4 claps	August	Mindfulness	Dairy	July
MyPlate	8 toetaps	5 heel raises	Fruit	2 ready/go

B	I	N	G	O
Grains	Fat/Oils	2 raise the roof	Physical Activity	2 ready/go
Mindfulness	Aging	August	Protein	2 claps
Vegetables	June	FREE	Fruit	4 knee lifts
5 arm circles	Hand massage	MyPlate	4 claps	July
10 arm circles	Sleep	Wisdom	4 raise the roof	5 heel raises

B	I	N	G	O
Grains	4 knee lifts	July	4 raise the roof	2 claps
10 arm circles	Wisdom	5 arm circles	Vegetables	4 claps
Protein	MyPlate	FREE	Dairy	June
2 ready/go	Fruit	August	Aging	2 raise the roof
Physical Activity	Fat/Oils	5 heel raises	Hand massage	Sleep