

B	I	N	G	O
Sunshine each day	1 Hour of Physical Activity	Choose Water	Laugh	Floss your teeth
Breath deeply	Love Yourself	Have a yearly physical	5 Fruit and Vegetables	Help a Friend
Limit Treats	Wash Your Hands	FREE	Avoid Sugary Drinks	Do a Good Deed
Eat Breakfast	Limit Screen Time	Eat extra veggies	Cover Your Sneeze	Get at least 8 hours of sleep
Choose healthy snacks	Be Happy	Have fun	Wear Sunscreen	Brush Your Teeth

B	I	N	G	O
Wash Your Hands	5 Fruit and Vegetables	Laugh	Breath deeply	Have a yearly physical
Choose Water	Wear Sunscreen	Floss your teeth	Be Happy	Help a Friend
Eat Breakfast	Avoid Sugary Drinks	FREE	Do a Good Deed	1 Hour of Physical Activity
Cover Your Sneeze	Have fun	Sunshine each day	Brush Your Teeth	Limit Screen Time
Eat extra veggies	Get at least 8 hours of sleep	Limit Treats	Love Yourself	Choose healthy snacks

B	I	N	G	O
Be Happy	Have fun	5 Fruit and Vegetables	Get at least 8 hours of sleep	Avoid Sugary Drinks
Sunshine each day	Eat Breakfast	Eat extra veggies	Love Yourself	Floss your teeth
Limit Treats	Brush Your Teeth	FREE	Limit Screen Time	Cover Your Sneeze
Wash Your Hands	Help a Friend	Laugh	Wear Sunscreen	Choose Water
Do a Good Deed	1 Hour of Physical Activity	Have a yearly physical	Breath deeply	Choose healthy snacks