

B	I	N	G	O
Send a message to a loved one	Brush and floss your teeth	Get 8 hours of sleep	Make a healthy goal	Identify something you did this week that you're proud of
Drink 24oz water today	Read for 20 minutes	Listen to music	Call a friend or loved one	Read before bed
Sing along to your favorite song	Complete a random act of kindness	FREE	Help a friend or classmate	Help cook a healthy meal at home
Meditate for at least 3 minutes	Help with chores at home	Make a gratitude list	Give a compliment to someone	Limit screen time
Do something creative	Make your own healthy snack	Eat 3 pieces of fruit in one day	Spend time outdoors	Exercise or be active for 30 minutes

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Sing along to your favorite song	Spend time outdoors	Call a friend or loved one	Help with chores at home	Drink 24oz water today
Make a healthy goal	Help cook a healthy meal at home	Get 8 hours of sleep	Limit screen time	Complete a random act of kindness
Help a friend or classmate	Brush and floss your teeth	FREE	Give a compliment to someone	Make a gratitude list
Exercise or be active for 30 minutes	Send a message to a loved one	Eat 3 pieces of fruit in one day	Meditate for at least 3 minutes	Do something creative
Identify something you did this week that you're proud of	Go for a walk with a friend or family member	Read before bed	Listen to music	Read for 20 minutes

B	I	N	G	O
Meditate for at least 3 minutes	Give a compliment to someone	Sing along to your favorite song	Exercise or be active for 30 minutes	Make a healthy goal
Make your own healthy snack	Read before bed	Spend time outdoors	Help with chores at home	Complete a random act of kindness
Make a gratitude list	Call a friend or loved one	FREE	Help a friend or classmate	Get 8 hours of sleep
Go for a walk with a friend or family member	Identify something you did this week that you're proud of	Do something creative	Brush and floss your teeth	Send a message to a loved one
Read for 20 minutes	Listen to music	Help cook a healthy meal at home	Limit screen time	Eat 3 pieces of fruit in one day