

B	I	N	G	O
Read for 20 minutes	Attend a TOPS meeting	Eat 2 pieces of fruit in one day	Make a healthy goal	Go for a walk with a friend or family member
Cook a healthy meal at home 3x week	Read before bed	Limit screen time	Brush and floss your teeth	No soda for one week
Send a message to a loved one	Call a friend or loved one	Get 8 hours of sleep	Get up and move every waking hour	Meditate for at least 3-5 minutes
Give a compliment to someone	Make a gratitude list	Exercise or be active for 30 minutes	Identify something you did this week that you're proud of	Complete a random act of kindness
Make your own healthy snack	Do something creative	Spend time outdoors 30 min	Drink your goal of water 5 days last week	Exercise or walk listening to music

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Send a message to a loved one	Call a friend or loved one	No soda for one week	Brush and floss your teeth	Complete a random act of kindness
Drink your goal of water 5 days last week	Meditate for at least 3-5 minutes	Get 8 hours of sleep	Go for a walk with a friend or family member	Make a gratitude list
Cook a healthy meal at home 3x week	Eat 2 pieces of fruit in one day	Limit screen time	Identify something you did this week that you're proud of	Read for 20 minutes
Give a compliment to someone	Do something creative	Read before bed	Exercise or be active for 30 minutes	Make a healthy goal
Make your own healthy snack	Spend time outdoors 30 min	Exercise or walk listening to music	Attend a TOPS meeting	Get up and move every waking hour

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Meditate for at least 3-5 minutes	Identify something you did this week that you're proud of	Do something creative	Drink your goal of water 5 days last week	Exercise or be active for 30 minutes
Complete a random act of kindness	Exercise or walk listening to music	Cook a healthy meal at home 3x week	Get 8 hours of sleep	Read for 20 minutes
Give a compliment to someone	Make your own healthy snack	Limit screen time	Call a friend or loved one	Read before bed
Send a message to a loved one	Make a gratitude list	Spend time outdoors 30 min	Brush and floss your teeth	Attend a TOPS meeting
Get up and move every waking hour	No soda for one week	Make a healthy goal	Eat 2 pieces of fruit in one day	Go for a walk with a friend or family member