

B	I	N	G	O
Wash your hands	3-5 serves of fruit a day	Cover your sneeze	Laugh	Floss your teeth
Challenge yourself	Walk to school	Help out in the kitchen	5 veggies a day	Play outside
Wear a hat in warmer months	Avoid sweetened drinks	FREE	Do a martial art	Drink water
Play a sport	Eat Breakfast	Jump rope	Dance	Get plenty of sleep
Brush your teeth	Limit screen time	Choose healthy snacks	Wear a helmet	Clean up your room

B	I	N	G	O
Wear a hat in warmer months	Wear a helmet	5 veggies a day	Eat Breakfast	Challenge yourself
Laugh	Drink water	Cover your sneeze	Get plenty of sleep	Avoid sweetened drinks
Do a martial art	3-5 serves of fruit a day	FREE	Dance	Jump rope
Clean up your room	Wash your hands	Choose healthy snacks	Play a sport	Brush your teeth
Floss your teeth	Do a good deed	Play outside	Help out in the kitchen	Walk to school

B	I	N	G	O
Play a sport	Dance	Wear a hat in warmer months	Clean up your room	Laugh
Limit screen time	Play outside	Wear a helmet	Eat Breakfast	Avoid sweetened drinks
Jump rope	5 veggies a day	FREE	Do a martial art	Cover your sneeze
Do a good deed	Floss your teeth	Brush your teeth	3-5 serves of fruit a day	Wash your hands
Walk to school	Help out in the kitchen	Drink water	Get plenty of sleep	Choose healthy snacks