

B	I	N	G	O
Take the Stairs	30 min Physical Activity	Do a Good Deed	Limit Sodium	Get at least 8 hours of sleep
Cover Your Sneeze	Set Goals	Laugh	Avoid Fast Food	Maintain Hygiene
Avoid Sugary Drinks	Keep Track of Dr. Visits	FREE	Exercise	Quiet Contemplation
Floss	Love Yourself	Get Outside	Limit Screen Time	Eat Breakfast
Don't Smoke	Grow a Plant	Choose Water	Choose healthy snacks	Limit Sugar

B	I	N	G	O
Eat More Fruits and Vegetables	Avoid Sugary Drinks	Exercise	Set Goals	Avoid Fast Food
Take the Stairs	Quiet Contemplation	Keep Track of Dr. Visits	Limit Sodium	Grow a Plant
Floss	Get at least 8 hours of sleep	FREE	Cover Your Sneeze	Do a Good Deed
Laugh	Wash Your Hands	Limit Sugar	Love Yourself	Choose Water
Choose healthy snacks	Limit Screen Time	30 min Physical Activity	Get Outside	Wear Sunscreen

B	I	N	G	O
Wash Your Hands	Dance	Avoid Sugary Drinks	Limit Sugar	Cover Your Sneeze
Keep Track of Dr. Visits	Develop a Hobby	Wear Sunscreen	Avoid Fast Food	Take the Stairs
Get Outside	Choose healthy snacks	FREE	Limit Sodium	Exercise
Do a Good Deed	Eat More Fruits and Vegetables	30 min Physical Activity	Don't Smoke	Grow a Plant
Limit Screen Time	Set Goals	Love Yourself	Floss	Maintain Hygiene