

B	I	N	G	O
eat more vegetables	1 Hour of Physical Activity	Choose healthy snacks	Wash Your Hands	Limit Screen Time
Bike to School	be kind to our Friends	Play a sport	5 Fruit and Vegetables	be happy
go bowling	Avoid Sugary Drinks	FREE	Eat Breakfast	Get at least 8 hours of sleep
Wear a Helmet	Laugh	Walk to School	Cover Your Sneeze	Limit Treats
Be Happy	Wear Sunscreen	Brush Your Teeth	go for a walk	Choose Water

B	I	N	G	O
go bowling	go for a walk	5 Fruit and Vegetables	Laugh	Bike to School
Wash Your Hands	Get at least 8 hours of sleep	Choose healthy snacks	Limit Treats	Avoid Sugary Drinks
Eat Breakfast	1 Hour of Physical Activity	FREE	Cover Your Sneeze	Walk to School
Choose Water	eat more vegetables	Brush Your Teeth	Wear a Helmet	Be Happy
Limit Screen Time	Dance	be happy	Play a sport	be kind to our Friends

B	I	N	G	O
Wear a Helmet	Cover Your Sneeze	go bowling	Choose Water	Wash Your Hands
Wear Sunscreen	be happy	go for a walk	Laugh	Avoid Sugary Drinks
Walk to School	5 Fruit and Vegetables	FREE	Eat Breakfast	Choose healthy snacks
Dance	Limit Screen Time	Be Happy	1 Hour of Physical Activity	eat more vegetables
be kind to our Friends	Play a sport	Get at least 8 hours of sleep	Limit Treats	Brush Your Teeth