B	I	N	G	O
Watch a sun rise/set this week	10000 steps this week	Eat one piece of chocolate a day for this week	Read a book this week (start one you don't have to finish it)	Laugh out loud once a day this week
Eat fruit for dessert this week	Try a new vegetable	Park further away from the door this week	Be positive	Try a new type of food
When you can have lunch outside	Create your own healthy challenge this week	Go to bed 30mins early 3 nights this week	Go to the gym 3x this week	Try a new hobby/activity
Go vegetarian for 5 meals this week	Put down the salt shaker this week	Get up and move every hour for 5 mins this week	Pack a healthy lunch 3x this week	Ditch sugar guzzle water this week
Sub honey for sweeteners this week	Eat ice cream one day this week	When you can take the stairs this week	Eat in - Cook at home 3x this week	Give a love one a hug this week

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

B	I	N	G	O
When you can have lunch outside	Create your own healthy challenge this week	Try a new type of food	Be positive	Ditch sugar guzzle water this week
Eat in - Cook at home 3x this week	Try a new hobby/activity	Go to bed 30mins early 3 nights this week	Laugh out loud once a day this week	Put down the salt shaker this week
Eat fruit for dessert this week	Eat one piece of chocolate a day for this week	Park further away from the door this week	Pack a healthy lunch 3x this week	Watch a sun rise/set this week
Go vegetarian for 5 meals this week	Eat ice cream one day this week	Try a new vegetable	Get up and move every hour for 5 mins this week	Read a book this week (start one you don't have to finish it)
Sub honey for sweeteners this week	When you can take the stairs this week	Give a love one a hug this week	10000 steps this week	Go to the gym 3x this week

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

B	I	N	G	O
Try a new hobby/activity	Pack a healthy lunch 3x this week	Eat ice cream one day this week	Eat in - Cook at home 3x this week	Get up and move every hour for 5 mins this week
Ditch sugar guzzle water this week	Give a love one a hug this week	Eat fruit for dessert this week	Go to bed 30mins early 3 nights this week	Watch a sun rise/set this week
Go vegetarian for 5 meals this week	Sub honey for sweeteners this week	Park further away from the door this week	Create your own healthy challenge this week	Try a new vegetable
When you can have lunch outside	Put down the salt shaker this week	When you can take the stairs this week	Be positive	10000 steps this week
Go to the gym 3x this week	Try a new type of food	Read a book this week (start one you don't have to finish it)	Eat one piece of chocolate a day for this week	Laugh out loud once a day this week

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved