

B	I	N	G	O
Wear clean clothes	Bike	Activities of Daily Living	Drink Water	Take medications
Personal Needs	Call a friend	Walk	Shave	Clean
Sober activities	Vegetables	FREE	Brush hair	School
Grocery Shop	Healthy Eating	Use coping strategies	Maintain appointments with psych and therapist	Shower
Vacuum	Fruits	Food Pyramid	Run	Dust

B	I	N	G	O
Brush hair	Brush teeth	School	Personal Needs	Maintain appointments with psych and therapist
Brush Teeth	Vegetables	Take medications	Grocery Shop	Healthy Eating
Walk	Bike	FREE	Wear clean clothes	Run
Laundry	Clean	Dust	Shower	Work
Sober activities	Shave	Vacuum	Call a friend	Activities of Daily Living

B	I	N	G	O
Maintain appointments with psych and therapist	Call a friend	School	Wash hair	Brush hair
exercise	Work	Clean	Brush Teeth	Take medications
Shave	Drink Water	FREE	Bike	Wear clean clothes
Personal Needs	Sober activities	Healthy Eating	Grocery Shop	Food Pyramid
Shower	Vacuum	Laundry	Activities of Daily Living	Brush teeth