

B	I	N	G	O
Wash Your Hands	10 Push Ups	Avoid Sugary Drinks	Limit Treats	Do a Good Deed
30 minutes of activity daily	Walk the Balance Beam	Get at least 8 hours of sleep	10 Squats	Laugh
Stretch	10 Walking Lunges	FREE	Floss your teeth	Choose Water
Choose healthy snacks	Make a To do List	Cover Your Sneeze	Jumping Jacks	Part of Wolfpack Wellness
Brush Your Teeth	Be Happy	Eat Breakfast	10 high-knees	20 crunches (standing or sitting)

B	I	N	G	O
Floss your teeth	Do a Good Deed	10 Walking Lunges	Stretch	10 high-knees
Limit Treats	Choose Water	Choose healthy snacks	Walk the Balance Beam	10 Squats
Wear Sunscreen	Eat Breakfast	FREE	30 minutes of activity daily	Avoid Sugary Drinks
Jumping Jacks	Laugh	Get at least 8 hours of sleep	Make a To do List	20 crunches (standing or sitting)
10 Push Ups	Wash Your Hands	Wear your seatbelt	Annual Appointments	Be Happy

B	I	N	G	O
Floss your teeth	30 minutes of activity daily	Jumping Jacks	Annual Appointments	10 Squats
10 Push Ups	Wear your seatbelt	Wear Sunscreen	20 crunches (standing or sitting)	Walk the Balance Beam
5 Pull Ups	Make a To do List	FREE	Cover Your Sneeze	Laugh
Eat Breakfast	Choose healthy snacks	Choose Water	10 Walking Lunges	Part of Wolfpack Wellness
10 high-knees	Stretch	Do a Good Deed	Avoid Sugary Drinks	Get at least 8 hours of sleep