

B	I	N	G	O
Wash Your Hands	20 Minutes of Physical Activity per day	Drink at least 64 oz. of water in a day	Purposefully limit screen time	Listen to Someone Actively
Do Something You HATE	Talk to a Friend	Meet Someone New	Brush Your Teeth 2x a day	Smile at someone you don't know
Clean Something You normally don't	Eat a healthy snack	Floss your teeth	Sleep at least 8 Hours in one night	Go Somewhere New
Play a Game	Eat Breakfast	Make Your Bed	Eat 5 servings of fruits or veggies in a day.	Compliment someone
Dance!	Make something creative	Do a Good Deed	Participate in an outdoor activity	Wear sunscreen outside

B	I	N	G	O
Sing!	Play a Game	Meet Someone New	Sleep at least 8 Hours in one night	Compliment someone
Dance!	Participate in an outdoor activity	Make Your Bed	Do Something You HATE	Make something creative
Brush Your Teeth 2x a day	Eat a healthy snack	20 Minutes of Physical Activity per day	Listen to Someone Actively	Wash Your Hands
Write down 3 things you are grateful for	Wear sunscreen outside	Do a Good Deed	Clean Something You normally don't	Purposefully limit screen time
Do something fun	Floss your teeth	Drink at least 64 oz. of water in a day	Eat Breakfast	Wash Your Face

B	I	N	G	O
Do a Good Deed	Sleep at least 8 Hours in one night	Go Somewhere New	Purposefully limit screen time	20 Minutes of Physical Activity per day
Wear sunscreen outside	Drink at least 64 oz. of water in a day	Dance!	Make Your Bed	Floss your teeth
Eat Something New	Wash Your Hands	Clean Something You normally don't	Smile at someone you don't know	Brush Your Teeth 2x a day
Compliment someone	Do something fun	Talk to a Friend	Eat a healthy snack	Listen to Someone Actively
Play a Game	Do Something You HATE	Eat 5 servings of fruits or veggies in a day.	Participate in an outdoor activity	Make something creative