

B	I	N	G	O
Walk to Work/ Church	1 Hour of Physical Activity	Choose healthy snacks	Laugh	Floss your teeth
Bike to Work	Play a sport	Have a yearly physical	5 Fruit and Vegetables	Love Yourself
Wash Your Hands	Avoid Sugary Drinks	FREE	Do a Good Deed	Eat Breakfast
Limit Treats	Eat extra veggies	Help a Friend	Cover Your Sneeze	Get at least 8 hours of sleep
Be Happy	Limit Screen Time	Brush Your Teeth	Wear Sunscreen	Choose Water

B	I	N	G	O
Wash Your Hands	Wear Sunscreen	5 Fruit and Vegetables	Eat extra veggies	Bike to Work
Laugh	Eat Breakfast	Choose healthy snacks	Get at least 8 hours of sleep	Avoid Sugary Drinks
Do a Good Deed	1 Hour of Physical Activity	FREE	Cover Your Sneeze	Help a Friend
Choose Water	Walk to Work/ Church	Brush Your Teeth	Limit Treats	Be Happy
Floss your teeth	Dance	Love Yourself	Have a yearly physical	Play a sport

B	I	N	G	O
Limit Treats	Cover Your Sneeze	Wash Your Hands	Choose Water	Laugh
Limit Screen Time	Love Yourself	Wear Sunscreen	Eat extra veggies	Avoid Sugary Drinks
Help a Friend	5 Fruit and Vegetables	FREE	Do a Good Deed	Choose healthy snacks
Dance	Floss your teeth	Be Happy	1 Hour of Physical Activity	Walk to Work/ Church
Play a sport	Have a yearly physical	Eat Breakfast	Get at least 8 hours of sleep	Brush Your Teeth