

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

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Wear Sunscreen	Avoid Sugary Drinks	Limit Treats	Brush Your Teeth	Help a Friend
Choose healthy snacks	Wear a Helmet 1 Hour of Physical Activity	Get at least 8 hours of sleep	Bike to School	Limit Screen Time
Eat Breakfast	Be Happy	FREE	Do a Good Deed	5 Fruit and Vegetables
Dance	Laugh	Wash Your Hands	Choose Water	Love Yourself
Floss your teeth	Grow a Garden	Play a sport	Walk to School	Cover Your Sneeze

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Bike to School	Laugh	Avoid Sugary Drinks	Grow a Garden	Be Happy
Wash Your Hands	Eat Breakfast	Floss your teeth	Walk to School	Get at least 8 hours of sleep
Play a sport	Choose Water	FREE	Love Yourself	Dance
Wear Sunscreen	Limit Screen Time	Limit Treats	Wear a Helmet 1 Hour of Physical Activity	Choose healthy snacks
Do a Good Deed	5 Fruit and Vegetables	Help a Friend	Brush Your Teeth	Cover Your Sneeze