

B	I	N	G	O
Try a new fruit	Be positive	Eat more fish	Smell the roses	Laugh out loud once a day
Eat fruit for dessert	Take your dog for a walk	Relax	Be proactive	Take the stairs
Try a new vegetable	Do 50 jumping jacks a day	Exercise a little each day	Get in 5000 steps a day	Take a walk
Get up and move every hour for 5	Run around the baseball field	Eat more fruits	Play outside	Drink more water
Swing on the swings	Eat healthy snacks	Walk in the park	Eat more chicken	Eat more vegetables

B	I	N	G	O
Try a new vegetable	Do 50 jumping jacks a day	Take the stairs	Be proactive	Drink more water
Eat more chicken	Take a walk	Exercise a little each day	Laugh out loud once a day	Run around the baseball field
Eat fruit for dessert	Eat more fish	Relax	Play outside	Try a new fruit
Get up and move every hour for 5	Eat healthy snacks	Take your dog for a walk	Eat more fruits	Smell the roses
Swing on the swings	Walk in the park	Eat more vegetables	Be positive	Get in 5000 steps a day

B	I	N	G	O
Take a walk	Play outside	Eat healthy snacks	Eat more chicken	Eat more fruits
Drink more water	Eat more vegetables	Eat fruit for dessert	Exercise a little each day	Try a new fruit
Get up and move every hour for 5	Swing on the swings	Relax	Do 50 jumping jacks a day	Take your dog for a walk
Try a new vegetable	Run around the baseball field	Walk in the park	Be proactive	Be positive
Get in 5000 steps a day	Take the stairs	Smell the roses	Eat more fish	Laugh out loud once a day