


HEALTHY HABITS BINGO

Go on a hike with your family	Eat at least 2 servings of veggies today	Dance to 3 or more of your favorite songs	Ride your bike for 20 minutes or more	Do 3 of your favorite exercises
Try a new vegetable	Hold a plank for as long as possible	Build an obstacle course	Discuss other healthy habits with your family	Limit screen time to less than an hour
Get at least 8 hours of sleep	Read for at least 20 minutes		Play a board game with your family	Eat 3 pieces of fruit today
Complete 50 jumping jacks	Draw a picture of your family playing	Go for a family walk around the neighborhood	Eat a healthy breakfast	Read a book before going to bed
Play outside for 60 minutes or more	Drink at least 5 cups of water (40+ oz.)	List 3 healthy snack options	Jog in place for 1 minute	Write a kind note for a family member