

BE HEALTHY BINGO!

Name: _____

LOW FAT DAY	DO 15 MINUTES OF STRENGTH OR WEIGHT TRAINING TODAY	RIGHT A WRONG DAY	15 MIN. OF STRETCHING TODAY	5-9 FRUITS OR VEGGIES TODAY	5 + GLASSES OF WATER	30 MINUTES OF AEROBIC EXERCISE	30 MINUTES OF RELAXATION TODAY!
7-8 HOURS OF SLEEP	TRY A NEW FRUIT OR VEGGIE	EAT HIGH FIBER BREAKFAST	NO JUNK FOOD DAY	SPEND QUALITY TIME WITH FAMILY	TEST HOME SMOKE DETECTOR	SPEND 20 MINUTES WITH A GOOD BOOK	HELP SOMEONE IN NEED
LIMIT TV TO 1 HOUR TO DAY	LOW FAT DAY	EXERCISE WITH A BUDDY TODAY	5-9 FRUITS OR VEGGIES TODAY	30 MINUTES OF AEROBIC EXERCISE	5+ GLASSES OF WATER TODAY	LIMIT CAFFEINE TO 2 CUPS	GET 7-8 HOURS OF SLEEP
EAT 5-9 FRUITS/ VEGGIES	30 MINUTES OF AEROBIC EXERCISE	LOW FAT DAY	NO JUNK FOOD DAY	EXERCISE WITH A BUDDY TODAY	15 MIN. OF STRETCHING TODAY	NO JUNK FOOD DAY	EAT A HIGH FIBER BREAKFAST
5 FRUITS AND VEGGIES TODAY	30 MINUTES OF AEROBIC EXERCISE	CLEAN SOMETHING THAT'S BEEN BOTHERING YOU	FREE	FREE	HAVE A VEGETARIAN DAY	DRINK 5+GLASSES OF WATER TODAY	CONTACT AN OLD FRIEND/ FAMILY MEMBER
30 MINUTES OF AEROBIC EXERCISE TODAY	NO JUNK FOOD DAY	DO 30 MINUTES OF EXERCISE	EAT 5-9 SERVINGS OF FRUITS AND VEGGIES	DRINK 5+ GLASSES OF WATER TODAY	SHARE AN HOUR WITH A FRIEND	CUT FAT INTAKE TO 30 GRAMS TODAY	EAT A HIGH FIBER BREAKFAST TODAY
GET 7-8 HOURS OF SLEEP	DO MEDITATION OR PRAYER TODAY	30 MINUTES OF AEROBIC EXERCISE	EAT A HIGH FIBER BREAKFAST	LOW FAT DAY	DRINK 5+ GLASSES OF WATER TODAY	NO TV DAY	NO JUNK FOOD DAY
30 MINUTES OF AEROBIC EXERCISE	15 MIN. OF WEIGHT TRAINING	EAT 5 OR MORE FRUITS AND VEGGIES	DRINK 5+ GLASSES OF WATER	TRY A NEW LOWFAT RECIPE	GET 7-8 HOURS OF SLEEP	NO JUNK FOOD DAY	LIMIT FAT INTAKE TO 30 GRAMS

Have fun!

BE HEALTHY BINGO RULES

Start on _____, and finish by _____.

Bring your completed Bingo card to _____ on _____ for a chance to win in a drawing.

You must fill in 24 or more boxes in 3 complete rows – vertical, horizontal, or diagonal.

You may fill in only up to 2 boxes a day.