

Wellness Bingo

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Safety First!

Before you print all your bingo cards, please print a test page to check they come out the right size and color. Your bingo cards start on Page 3 of this PDF.

If your bingo cards have words then please check the spelling carefully.

If you need to make any changes go to mfbc.us/e/bpmtr43

Play

Once you've checked they are printing correctly, print off your bingo cards and start playing! On the next page you will find the "Bingo Caller's Card" - this is used to call the bingo and keep track of which words have been called. Your bingo cards start on Page 3.

Virtual Bingo

Please do not try to split this PDF into individual bingo cards to send out to players. We have tools on our site to send out links to individual bingo cards. For help go to myfreebingocards.com/virtual-bingo.

Help

If you're having trouble printing your bingo cards or using the bingo card generator then please go to <https://myfreebingocards.com/faq> where you will find solutions to most common problems.

Share

[Pin these bingo cards](#) on Pinterest, [share on Facebook](#), or post this link: mfbc.us/s/bpmtr43

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/bpmtr43

Go to myfreebingocards.com/bingo-card-generator to create a new set of bingo cards.

Legal

The terms of use for these printable bingo cards can be found at myfreebingocards.com/terms.

Have Fun!

If you have any feedback or suggestions, drop us an email on hello@myfreebingocards.com.

Bingo Caller's Card

Use your Bingo Caller's Card to call the bingo and keep track of which words you have already called.

Print two copies of the caller's card. Cut one copy up, fold the squares in half, and put them in a hat. To call the bingo, pull a square out of the hat, unfold it and read it out.

When you have called a word/number, tick it off on the second copy of the caller's card. You can use the second copy of the caller's card to check if a player has a winning card during a game.

At least 8 hours of sleep	Eat healthy	Clean your room	Watch your favorite TV show	Call your friends/family	Stand up for yourself	Open up to someone
Walk outside	Shower at least once a day	Try a new hobby	Social media break	Cook yourself something	Express yourself	Spend time with friends
Make goals for yourself	Read a book	Do yoga	Eat a healthy breakfast	No sweets for a day	Exercise	Ask for help
Stay hydrated	Brush your teeth	Do your favorite workout	Drink water	Give yourself a compliment	Meditate for 5 minutes	Practice good posture
Self-spa day	Do something you've been putting off	Make a plan for the week	Give someone a compliment			

Bingo Card ID 001

Wellness Bingo

Meditate for 5 minutes	Brush your teeth	Spend time with friends	Exercise	Walk outside
Cook yourself something	Give yourself a compliment	Stand up for yourself	Eat a healthy breakfast	No sweets for a day
Give someone a compliment	Make a plan for the week	FREE SPACE	Try a new hobby	Clean your room
Open up to someone	Stay hydrated	At least 8 hours of sleep	Do something you've been putting off	Read a book
Self-spa day	Do your favorite workout	Social media break	Shower at least once a day	Ask for help

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Bingo Card ID 002

Wellness Bingo

No sweets for a day	Make a plan for the week	Express yourself	Social media break	Meditate for 5 minutes
Watch your favorite TV show	Do your favorite workout	Eat a healthy breakfast	Do something you've been putting off	Stand up for yourself
Make goals for yourself	Cook yourself something	FREE SPACE	Open up to someone	Self-spa day
Try a new hobby	Spend time with friends	Stay hydrated	Call your friends/family	Drink water
Clean your room	At least 8 hours of sleep	Brush your teeth	Eat healthy	Read a book

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Bingo Card ID 003

Wellness Bingo

No sweets for a day	Make goals for yourself	Give someone a compliment	Stay hydrated	Walk outside
Try a new hobby	Drink water	Stand up for yourself	Eat healthy	Spend time with friends
Social media break	Practice good posture	FREE SPACE	Cook yourself something	Read a book
Express yourself	Do something you've been putting off	Brush your teeth	Shower at least once a day	At least 8 hours of sleep
Meditate for 5 minutes	Do yoga	Make a plan for the week	Ask for help	Open up to someone

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Bingo Card ID 004

Wellness Bingo

Read a book	Stay hydrated	Open up to someone	Exercise	Express yourself
Clean your room	Stand up for yourself	Social media break	At least 8 hours of sleep	Give someone a compliment
Give yourself a compliment	Watch your favorite TV show	FREE SPACE	Self-spa day	Do something you've been putting off
Make goals for yourself	Meditate for 5 minutes	No sweets for a day	Shower at least once a day	Try a new hobby
Call your friends/family	Spend time with friends	Drink water	Do your favorite workout	Cook yourself something

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Bingo Card ID 005

Wellness Bingo

Exercise	Clean your room	Read a book	Ask for help	Stand up for yourself
Do something you've been putting off	Try a new hobby	Do your favorite workout	No sweets for a day	Practice good posture
At least 8 hours of sleep	Make a plan for the week	FREE SPACE	Brush your teeth	Shower at least once a day
Eat healthy	Self-spa day	Eat a healthy breakfast	Call your friends/family	Cook yourself something
Give someone a compliment	Drink water	Meditate for 5 minutes	Spend time with friends	Stay hydrated

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Bingo Card ID 006

Wellness Bingo

Exercise	Brush your teeth	Stay hydrated	Watch your favorite TV show	Meditate for 5 minutes
Call your friends/family	Walk outside	Cook yourself something	Shower at least once a day	Try a new hobby
Make a plan for the week	Do something you've been putting off	FREE SPACE	No sweets for a day	Express yourself
Give someone a compliment	Ask for help	Stand up for yourself	Eat healthy	Make goals for yourself
Give yourself a compliment	Social media break	Do your favorite workout	Open up to someone	Read a book

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Bingo Card ID 007

Wellness Bingo

Call your friends/family	Self-spa day	Open up to someone	Give yourself a compliment	Shower at least once a day
Stay hydrated	Try a new hobby	No sweets for a day	Make a plan for the week	Do yoga
Walk outside	Spend time with friends	FREE SPACE	Cook yourself something	Eat healthy
Eat a healthy breakfast	Give someone a compliment	Do something you've been putting off	At least 8 hours of sleep	Make goals for yourself
Social media break	Exercise	Drink water	Express yourself	Ask for help

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Bingo Card ID 008

Wellness Bingo

Self-spa day	Meditate for 5 minutes	Eat a healthy breakfast	Walk outside	Do your favorite workout
Ask for help	Call your friends/family	Read a book	At least 8 hours of sleep	Stand up for yourself
Watch your favorite TV show	Exercise	FREE SPACE	Social media break	Clean your room
Stay hydrated	Make goals for yourself	No sweets for a day	Give someone a compliment	Practice good posture
Brush your teeth	Spend time with friends	Do something you've been putting off	Cook yourself something	Shower at least once a day

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Bingo Card ID 009

Wellness Bingo

Watch your favorite TV show	Do your favorite workout	Social media break	Express yourself	Drink water
Walk outside	Open up to someone	Stand up for yourself	At least 8 hours of sleep	Cook yourself something
Clean your room	Eat healthy	FREE SPACE	Exercise	Give someone a compliment
Make goals for yourself	Meditate for 5 minutes	Do something you've been putting off	Spend time with friends	Self-spa day
Make a plan for the week	Do yoga	Practice good posture	Try a new hobby	Give yourself a compliment

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Bingo Card ID 010

Wellness Bingo

Read a book	Give yourself a compliment	Open up to someone	Brush your teeth	Make a plan for the week
Call your friends/family	Stay hydrated	Social media break	Do yoga	Do something you've been putting off
Stand up for yourself	At least 8 hours of sleep	FREE SPACE	Spend time with friends	Ask for help
Express yourself	Shower at least once a day	Drink water	Meditate for 5 minutes	No sweets for a day
Watch your favorite TV show	Self-spa day	Eat healthy	Exercise	Practice good posture

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Bingo Card ID 011

Wellness Bingo

Watch your favorite TV show	Brush your teeth	Practice good posture	Walk outside	At least 8 hours of sleep
Meditate for 5 minutes	Cook yourself something	Give someone a compliment	Stay hydrated	Do your favorite workout
Do yoga	No sweets for a day	FREE SPACE	Exercise	Express yourself
Try a new hobby	Self-spa day	Eat healthy	Give yourself a compliment	Shower at least once a day
Make a plan for the week	Open up to someone	Make goals for yourself	Call your friends/family	Social media break

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Bingo Card ID 012

Wellness Bingo

Make a plan for the week	Do yoga	Give someone a compliment	Express yourself	Brush your teeth
Do something you've been putting off	Drink water	Stand up for yourself	Eat a healthy breakfast	Walk outside
Cook yourself something	Practice good posture	FREE SPACE	Eat healthy	At least 8 hours of sleep
No sweets for a day	Shower at least once a day	Self-spa day	Watch your favorite TV show	Stay hydrated
Exercise	Meditate for 5 minutes	Read a book	Do your favorite workout	Spend time with friends

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Bingo Card ID 013

Wellness Bingo

No sweets for a day	Clean your room	Shower at least once a day	Do your favorite workout	Drink water
Express yourself	Call your friends/family	Cook yourself something	Walk outside	Social media break
Self-spa day	Give someone a compliment	FREE SPACE	Watch your favorite TV show	Meditate for 5 minutes
Open up to someone	Make a plan for the week	Do something you've been putting off	Do yoga	At least 8 hours of sleep
Give yourself a compliment	Ask for help	Read a book	Eat a healthy breakfast	Brush your teeth

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Bingo Card ID 014

Wellness Bingo

Drink water	Clean your room	Shower at least once a day	Stay hydrated	Eat healthy
Watch your favorite TV show	Call your friends/family	No sweets for a day	Express yourself	Make goals for yourself
Eat a healthy breakfast	Give someone a compliment	FREE SPACE	Do something you've been putting off	Spend time with friends
Practice good posture	Ask for help	Exercise	Make a plan for the week	Give yourself a compliment
At least 8 hours of sleep	Read a book	Open up to someone	Cook yourself something	Meditate for 5 minutes

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Bingo Card ID 015

Wellness Bingo

Do yoga	Do your favorite workout	Exercise	Make a plan for the week	Brush your teeth
Make goals for yourself	Express yourself	Read a book	Give someone a compliment	Cook yourself something
At least 8 hours of sleep	Stay hydrated	FREE SPACE	Clean your room	Stand up for yourself
Open up to someone	Eat a healthy breakfast	Walk outside	Meditate for 5 minutes	No sweets for a day
Shower at least once a day	Do something you've been putting off	Try a new hobby	Self-spa day	Ask for help

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Bingo Card ID 016

Wellness Bingo

Give someone a compliment	Eat healthy	At least 8 hours of sleep	Do something you've been putting off	Self-spa day
Social media break	Read a book	Practice good posture	Try a new hobby	Stay hydrated
No sweets for a day	Spend time with friends	FREE SPACE	Shower at least once a day	Express yourself
Ask for help	Give yourself a compliment	Make goals for yourself	Exercise	Make a plan for the week
Meditate for 5 minutes	Drink water	Eat a healthy breakfast	Stand up for yourself	Watch your favorite TV show

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Bingo Card ID 017

Wellness Bingo

Exercise	Give someone a compliment	Walk outside	Clean your room	Cook yourself something
Shower at least once a day	Self-spa day	Watch your favorite TV show	Brush your teeth	Do yoga
Open up to someone	Do your favorite workout	FREE SPACE	Drink water	Stay hydrated
Ask for help	Eat a healthy breakfast	Express yourself	Make a plan for the week	Eat healthy
Social media break	Spend time with friends	Call your friends/family	Practice good posture	Give yourself a compliment

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Bingo Card ID 018

Wellness Bingo

Eat healthy	Brush your teeth	Ask for help	No sweets for a day	Clean your room
Express yourself	Meditate for 5 minutes	Give someone a compliment	Watch your favorite TV show	Give yourself a compliment
Make goals for yourself	Read a book	FREE SPACE	Exercise	Drink water
Eat a healthy breakfast	Open up to someone	Do your favorite workout	Do something you've been putting off	Social media break
Spend time with friends	Walk outside	Cook yourself something	Do yoga	Stand up for yourself

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Bingo Card ID 019

Wellness Bingo

Do something you've been putting off	Social media break	Eat a healthy breakfast	Drink water	Shower at least once a day
Call your friends/family	Eat healthy	Do your favorite workout	Stay hydrated	Clean your room
Give yourself a compliment	Express yourself	FREE SPACE	Watch your favorite TV show	Make goals for yourself
Meditate for 5 minutes	Self-spa day	Spend time with friends	Open up to someone	Make a plan for the week
Cook yourself something	No sweets for a day	At least 8 hours of sleep	Do yoga	Walk outside

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Bingo Card ID 020

Wellness Bingo

Do something you've been putting off	Try a new hobby	Open up to someone	Express yourself	Give someone a compliment
Ask for help	Make a plan for the week	Do yoga	Stand up for yourself	Give yourself a compliment
Brush your teeth	Exercise	FREE SPACE	Shower at least once a day	Walk outside
Spend time with friends	Practice good posture	Do your favorite workout	No sweets for a day	Eat healthy
Eat a healthy breakfast	Call your friends/family	Read a book	Watch your favorite TV show	Self-spa day

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Bingo Card ID 021

Wellness Bingo

Open up to someone	Stay hydrated	Give yourself a compliment	Do yoga	Give someone a compliment
Meditate for 5 minutes	Make goals for yourself	Read a book	Exercise	At least 8 hours of sleep
Social media break	Clean your room	FREE SPACE	Spend time with friends	Cook yourself something
Call your friends/family	Shower at least once a day	Drink water	Self-spa day	Stand up for yourself
Watch your favorite TV show	Make a plan for the week	No sweets for a day	Walk outside	Ask for help

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Bingo Card ID 022

Wellness Bingo

Eat healthy	Ask for help	Clean your room	Drink water	Give yourself a compliment
Exercise	Make a plan for the week	Brush your teeth	At least 8 hours of sleep	Do your favorite workout
No sweets for a day	Self-spa day	FREE SPACE	Social media break	Eat a healthy breakfast
Meditate for 5 minutes	Practice good posture	Call your friends/family	Express yourself	Stand up for yourself
Try a new hobby	Stay hydrated	Open up to someone	Spend time with friends	Walk outside

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Bingo Card ID 023

Wellness Bingo

Drink water	Eat a healthy breakfast	Ask for help	Spend time with friends	Make a plan for the week
Call your friends/family	Open up to someone	Make goals for yourself	Self-spa day	Do your favorite workout
Read a book	No sweets for a day	FREE SPACE	Try a new hobby	Eat healthy
Walk outside	Stay hydrated	Do something you've been putting off	Do yoga	Express yourself
Shower at least once a day	Social media break	Practice good posture	Give yourself a compliment	Stand up for yourself

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Bingo Card ID 024

Wellness Bingo

Do something you've been putting off	Make goals for yourself	Practice good posture	Brush your teeth	Try a new hobby
Spend time with friends	Give yourself a compliment	Give someone a compliment	Eat a healthy breakfast	Exercise
Read a book	Shower at least once a day	FREE SPACE	Express yourself	Do yoga
Clean your room	Eat healthy	Do your favorite workout	Make a plan for the week	Ask for help
Call your friends/family	Social media break	Drink water	Cook yourself something	Stand up for yourself

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Bingo Card ID 025

Wellness Bingo

Make goals for yourself	Express yourself	Read a book	Spend time with friends	Clean your room
Call your friends/family	Stay hydrated	Eat healthy	Do your favorite workout	Ask for help
Drink water	Self-spa day	FREE SPACE	Stand up for yourself	Eat a healthy breakfast
Try a new hobby	Give someone a compliment	Social media break	Walk outside	Watch your favorite TV show
Brush your teeth	Open up to someone	No sweets for a day	Practice good posture	Shower at least once a day

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Bingo Card ID 026

Wellness Bingo

Ask for help	Do yoga	Drink water	Watch your favorite TV show	Do something you've been putting off
No sweets for a day	At least 8 hours of sleep	Self-spa day	Eat healthy	Eat a healthy breakfast
Open up to someone	Clean your room	FREE SPACE	Social media break	Try a new hobby
Make a plan for the week	Call your friends/family	Exercise	Give yourself a compliment	Make goals for yourself
Practice good posture	Express yourself	Shower at least once a day	Stay hydrated	Stand up for yourself

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Bingo Card ID 027

Wellness Bingo

Exercise	Self-spa day	Do yoga	Read a book	Try a new hobby
Spend time with friends	Express yourself	Stay hydrated	Ask for help	At least 8 hours of sleep
Shower at least once a day	Open up to someone	FREE SPACE	Practice good posture	Stand up for yourself
Clean your room	Eat healthy	Make goals for yourself	Call your friends/family	Walk outside
Social media break	Watch your favorite TV show	Do your favorite workout	Meditate for 5 minutes	Give yourself a compliment

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Bingo Card ID 028

Wellness Bingo

Meditate for 5 minutes	Self-spa day	Eat a healthy breakfast	Make a plan for the week	Walk outside
Spend time with friends	Do something you've been putting off	Try a new hobby	Social media break	Read a book
Practice good posture	Open up to someone	FREE SPACE	Ask for help	Stand up for yourself
Call your friends/family	Make goals for yourself	No sweets for a day	Give someone a compliment	Do your favorite workout
Brush your teeth	Clean your room	Drink water	Cook yourself something	Express yourself

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Bingo Card ID 029

Wellness Bingo

Try a new hobby	Eat a healthy breakfast	Social media break	Brush your teeth	Practice good posture
Spend time with friends	Walk outside	Stay hydrated	Ask for help	Clean your room
Do yoga	At least 8 hours of sleep	FREE SPACE	Eat healthy	Call your friends/family
Do your favorite workout	Stand up for yourself	Express yourself	Give someone a compliment	Shower at least once a day
Read a book	No sweets for a day	Do something you've been putting off	Make goals for yourself	Cook yourself something

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Bingo Card ID 030

Wellness Bingo

Do yoga	Give yourself a compliment	At least 8 hours of sleep	Do something you've been putting off	Give someone a compliment
Read a book	Open up to someone	Cook yourself something	Spend time with friends	Self-spa day
Eat a healthy breakfast	Stand up for yourself	FREE SPACE	Meditate for 5 minutes	Watch your favorite TV show
Clean your room	Express yourself	Exercise	Stay hydrated	Brush your teeth
Eat healthy	No sweets for a day	Make goals for yourself	Drink water	Call your friends/family

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