

# Wellness Bingo

[myfreebingocards.com](http://myfreebingocards.com)

## 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](https://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](http://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](https://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](https://mfbc.us/e/bpmtr43)

Go to [myfreebingocards.com/bingo-card-generator](http://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](http://myfreebingocards.com/terms).

## Have Fun!

If you have any feedback or suggestions, drop us an email on [hello@myfreebingocards.com](mailto: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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|                             |                         |                           |                            |                            |
|-----------------------------|-------------------------|---------------------------|----------------------------|----------------------------|
| 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         |

# 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   |

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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# 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 |

# 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      |

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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| 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 |

# 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         |

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

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|                         |                            |                           |                                      |                             |
|-------------------------|----------------------------|---------------------------|--------------------------------------|-----------------------------|
| 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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