

# 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/csnx9yp](https://mfbc.us/e/csnx9yp)

## 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/csnx9yp](https://mfbc.us/s/csnx9yp)

## Edit and Create

To add more words or make changes to this set of bingo cards go to [mfbc.us/e/csnx9yp](https://mfbc.us/e/csnx9yp)

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.

Made the Bed	Ate veggies	Had a restful sleep last night	Avoided sugar	Set a daily intention	Stretched my body	Limited screen time
Learned something new	Took 10 deep breaths	Drank 64 oz of water	Took a multi-vitamin	Ate healthy snacks	Am being kind to myself	Read 10 pages of a book
Washed my hands for 20 seconds	Moved 10 mins- 3 times today	Got Dressed	Thought about what I'm grateful for	Thanked someone	Did something creative	Did a 1-minute plank
Journalized	Put on pants	Spent 10 mins decluttering a space	Processed my negative thoughts	Took the stairs	Turned off the news	Went to bed by 10pm
Read personal devel. book for 10 mins	Had a healthy shake/smoothie	Tried something new	Changed out of pjs	Laughed today	Called a friend	Used positive affirmations with myself
Planned meals ahead of time	30 jumping jacks	Played a board game/puzzle				

# Wellness Bingo

Moved 10 mins- 3 times today	Spent 10 mins decluttering a space	Ate healthy snacks	Had a restful sleep last night	Took 10 deep breaths
Called a friend	Learned something new	Stretched my body	Got Dressed	Limited screen time
Laughed today	Planned meals ahead of time	<b>FREE SPACE</b>	Thought about what I'm grateful for	Played a board game/puzzle
Avoided sugar	<b>Put on pants</b>	Thanked someone	Am being kind to myself	Went to bed by 10pm
Changed out of pjs	Did something creative	Read 10 pages of a book	Used positive affirmations with myself	30 jumping jacks

# Wellness Bingo

Planned meals ahead of time	Set a daily intention	Limited screen time	Journaled	Took a multi-vitamin
Moved 10 mins- 3 times today	Did something creative	Got Dressed	Went to bed by 10pm	Turned off the news
Changed out of pjs	Stretched my body	<b>FREE SPACE</b>	Tried something new	Called a friend
Made the Bed	Played a board game/puzzle	Read 10 pages of a book	Took the stairs	Thought about what I'm grateful for
Spent 10 mins decluttering a space	Ate veggies	Thanked someone	Drank 64 oz of water	Am being kind to myself

# Wellness Bingo

Planned meals ahead of time	Made the Bed	Thanked someone	Laughed today	Drank 64 oz of water
Stretched my body	Took 10 deep breaths	Thought about what I'm grateful for	Washed my hands for 20 seconds	Had a healthy shake/smoothie
Tried something new	Spent 10 mins decluttering a space	<b>FREE SPACE</b>	Set a daily intention	Called a friend
Processed my negative thoughts	Put on pants	Ate healthy snacks	Read personal devel. book for 10 mins	Journaled
Changed out of pjs	Moved 10 mins- 3 times today	Am being kind to myself	Did a 1-minute plank	Limited screen time

# Wellness Bingo

Washed my hands for 20 seconds	Put on pants	Took the stairs	Thanked someone	Had a restful sleep last night
Played a board game/puzzle	Avoided sugar	Stretched my body	Journalized	Laughed today
Set a daily intention	Am being kind to myself	<b>FREE SPACE</b>	Took a multi-vitamin	Learned something new
Read 10 pages of a book	Tried something new	Read personal devel. book for 10 mins	<b>Made the Bed</b>	Moved 10 mins- 3 times today
Changed out of pjs	Turned off the news	Planned meals ahead of time	Thought about what I'm grateful for	Used positive affirmations with myself

# Wellness Bingo

Had a restful sleep last night	Avoided sugar	Put on pants	30 jumping jacks	Turned off the news
Changed out of pjs	Stretched my body	Thought about what I'm grateful for	Used positive affirmations with myself	Went to bed by 10pm
Planned meals ahead of time	Did something creative	<b>FREE SPACE</b>	Limited screen time	Processed my negative thoughts
Am being kind to myself	Ate healthy snacks	Read personal devel. book for 10 mins	Got Dressed	Took the stairs
Read 10 pages of a book	Had a healthy shake/smoothie	Called a friend	Ate veggies	Drank 64 oz of water

# Wellness Bingo

Used positive affirmations with myself	Ate healthy snacks	Had a restful sleep last night	Thanked someone	Took a multi-vitamin
Moved 10 mins- 3 times today	Ate veggies	Called a friend	Took 10 deep breaths	Read personal devel. book for 10 mins
Limited screen time	Changed out of pjs	<b>FREE SPACE</b>	Thought about what I'm grateful for	Planned meals ahead of time
Journalized	Laughed today	30 jumping jacks	Went to bed by 10pm	Tried something new
Had a healthy shake/smoothie	Learned something new	Made the Bed	Stretched my body	Set a daily intention

# Wellness Bingo

Ate veggies	Read 10 pages of a book	Played a board game/puzzle	Learned something new	Thanked someone
Read personal devel. book for 10 mins	Thought about what I'm grateful for	Used positive affirmations with myself	Took the stairs	Tried something new
Limited screen time	Planned meals ahead of time	FREE SPACE	Did a 1-minute plank	Took 10 deep breaths
Spent 10 mins decluttering a space	Had a healthy shake/smoothie	Called a friend	Washed my hands for 20 seconds	Got Dressed
Made the Bed	Am being kind to myself	Changed out of pjs	Set a daily intention	Laughed today

# Wellness Bingo

Moved 10 mins- 3 times today	Read 10 pages of a book	Did something creative	Took 10 deep breaths	Got Dressed
Tried something new	30 jumping jacks	Washed my hands for 20 seconds	Went to bed by 10pm	Ate veggies
Am being kind to myself	Put on pants	FREE SPACE	Took a multi-vitamin	Stretched my body
Set a daily intention	Had a restful sleep last night	Avoided sugar	Used positive affirmations with myself	Planned meals ahead of time
Made the Bed	Thanked someone	Laughed today	Ate healthy snacks	Spent 10 mins decluttering a space

# Wellness Bingo

Took a multi-vitamin	Did something creative	Turned off the news	Set a daily intention	Journalized
Drank 64 oz of water	Used positive affirmations with myself	Took 10 deep breaths	Am being kind to myself	Stretched my body
Played a board game/puzzle	Called a friend	FREE SPACE	Had a restful sleep last night	Avoided sugar
Had a healthy shake/smoothie	Laughed today	Tried something new	Made the Bed	Moved 10 mins- 3 times today
Changed out of pjs	Spent 10 mins decluttering a space	Read 10 pages of a book	Took the stairs	Limited screen time

# Wellness Bingo

Put on pants	Turned off the news	Played a board game/puzzle	Learned something new	Ate healthy snacks
Limited screen time	Ate veggies	Tried something new	Thanked someone	Set a daily intention
Did a 1-minute plank	Went to bed by 10pm	FREE SPACE	Changed out of pjs	Stretched my body
Am being kind to myself	Spent 10 mins decluttering a space	30 jumping jacks	Journalized	Read personal devel. book for 10 mins
Planned meals ahead of time	Moved 10 mins- 3 times today	Drank 64 oz of water	Had a restful sleep last night	Read 10 pages of a book

# Wellness Bingo

Took a multi-vitamin	Ate healthy snacks	Processed my negative thoughts	Turned off the news	Took 10 deep breaths
Am being kind to myself	Moved 10 mins- 3 times today	Went to bed by 10pm	Called a friend	Laughed today
Tried something new	Did something creative	<b>FREE SPACE</b>	Thanked someone	Thought about what I'm grateful for
Planned meals ahead of time	Did a 1-minute plank	Journalized	Had a restful sleep last night	Learned something new
Had a healthy shake/smoothie	Read 10 pages of a book	Read personal devel. book for 10 mins	Made the Bed	Played a board game/puzzle

# Wellness Bingo

Limited screen time	Laughed today	Did a 1-minute plank	Ate healthy snacks	Journaled
Changed out of pjs	Drank 64 oz of water	Got Dressed	Washed my hands for 20 seconds	Stretched my body
Went to bed by 10pm	Used positive affirmations with myself	FREE SPACE	Took 10 deep breaths	Had a healthy shake/smoothie
Called a friend	Processed my negative thoughts	Am being kind to myself	Planned meals ahead of time	Read personal devel. book for 10 mins
Read 10 pages of a book	Took a multi-vitamin	Thanked someone	Had a restful sleep last night	Tried something new

# Wellness Bingo

Planned meals ahead of time	Washed my hands for 20 seconds	Did something creative	Read personal devel. book for 10 mins	Avoided sugar
Journalized	Drank 64 oz of water	Used positive affirmations with myself	Called a friend	Ate veggies
Read 10 pages of a book	Laughed today	FREE SPACE	Took 10 deep breaths	Set a daily intention
Took a multi-vitamin	Limited screen time	Moved 10 mins- 3 times today	Played a board game/puzzle	Changed out of pjs
Did a 1-minute plank	Took the stairs	30 jumping jacks	Learned something new	Am being kind to myself

# Wellness Bingo

Drank 64 oz of water	Read personal devel. book for 10 mins	Avoided sugar	Thanked someone	Had a healthy shake/smoothie
Planned meals ahead of time	Ate veggies	Took a multi-vitamin	Journalized	Turned off the news
Laughed today	Got Dressed	FREE SPACE	Made the Bed	Tried something new
Went to bed by 10pm	Changed out of pjs	Spent 10 mins decluttering a space	Processed my negative thoughts	Washed my hands for 20 seconds
Limited screen time	30 jumping jacks	Had a restful sleep last night	Learned something new	Put on pants

# Wellness Bingo

Did a 1-minute plank	Tried something new	Did something creative	Had a restful sleep last night	Ate healthy snacks
Made the Bed	Limited screen time	Put on pants	Journalized	Called a friend
Took the stairs	Thanked someone	FREE SPACE	Laughed today	Am being kind to myself
Avoided sugar	Played a board game/puzzle	Stretched my body	Planned meals ahead of time	Moved 10 mins-3 times today
Took 10 deep breaths	Got Dressed	Read personal devel. book for 10 mins	Thought about what I'm grateful for	Changed out of pjs

# Wellness Bingo

Laughed today	Had a healthy shake/smoothie	Am being kind to myself	Went to bed by 10pm	Washed my hands for 20 seconds
Changed out of pjs	Read 10 pages of a book	Set a daily intention	Turned off the news	Put on pants
Processed my negative thoughts	Thought about what I'm grateful for	<b>FREE SPACE</b>	Thanked someone	Planned meals ahead of time
Journalized	Read personal devel. book for 10 mins	Took the stairs	Spent 10 mins decluttering a space	30 jumping jacks
Made the Bed	Learned something new	Had a restful sleep last night	Used positive affirmations with myself	Limited screen time

# Wellness Bingo

Turned off the news	Laughed today	Had a restful sleep last night	Took the stairs	Read personal devel. book for 10 mins
Read 10 pages of a book	Took 10 deep breaths	Called a friend	Avoided sugar	Took a multi-vitamin
Washed my hands for 20 seconds	Did a 1-minute plank	FREE SPACE	Ate healthy snacks	Played a board game/puzzle
Did something creative	Drank 64 oz of water	30 jumping jacks	Thanked someone	Journaled
Got Dressed	Limited screen time	Had a healthy shake/smoothie	Ate veggies	Set a daily intention

# Wellness Bingo

Had a healthy shake/smoothie	Ate healthy snacks	30 jumping jacks	Used positive affirmations with myself	Washed my hands for 20 seconds
Journalized	Planned meals ahead of time	Avoided sugar	Took a multi-vitamin	Moved 10 mins- 3 times today
Laughed today	Learned something new	FREE SPACE	Went to bed by 10pm	Made the Bed
Tried something new	Put on pants	Had a restful sleep last night	Drank 64 oz of water	Played a board game/puzzle
Got Dressed	Did something creative	Took the stairs	Changed out of pjs	Set a daily intention

# Wellness Bingo

Changed out of pjs	Set a daily intention	Got Dressed	Ate veggies	Read personal devel. book for 10 mins
Drank 64 oz of water	Had a healthy shake/smoothie	Did something creative	Thanked someone	Avoided sugar
Took the stairs	Learned something new	FREE SPACE	Journalized	Took a multi-vitamin
Turned off the news	Made the Bed	Read 10 pages of a book	Spent 10 mins decluttering a space	Moved 10 mins- 3 times today
Played a board game/puzzle	Limited screen time	Called a friend	Am being kind to myself	Took 10 deep breaths

# Wellness Bingo

Thought about what I'm grateful for	Changed out of pjs	Journalized	Played a board game/puzzle	Laughed today
Limited screen time	30 jumping jacks	Did a 1-minute plank	Stretched my body	Learned something new
Had a restful sleep last night	Ate healthy snacks	FREE SPACE	Read personal devel. book for 10 mins	Tried something new
Washed my hands for 20 seconds	Took 10 deep breaths	Spent 10 mins decluttering a space	Used positive affirmations with myself	Processed my negative thoughts
Went to bed by 10pm	Had a healthy shake/smoothie	Planned meals ahead of time	Got Dressed	Did something creative

# Wellness Bingo

Played a board game/puzzle	Thanked someone	Learned something new	Did a 1-minute plank	Laughed today
Washed my hands for 20 seconds	<b>Took the stairs</b>	<b>Made the Bed</b>	Moved 10 mins- 3 times today	<b>Put on pants</b>
Had a restful sleep last night	Spent 10 mins decluttering a space	<b>FREE SPACE</b>	Avoided sugar	Turned off the news
Set a daily intention	Am being kind to myself	<b>Called a friend</b>	Ate veggies	Tried something new
Read personal devel. book for 10 mins	<b>Read 10 pages of a book</b>	Stretched my body	Drank 64 oz of water	Took a multi-vitamin

# Wellness Bingo

Had a healthy shake/smoothie	Used positive affirmations with myself	Took the stairs	30 jumping jacks	Avoided sugar
Had a restful sleep last night	Drank 64 oz of water	Learned something new	Limited screen time	Ate healthy snacks
Read 10 pages of a book	Am being kind to myself	FREE SPACE	Planned meals ahead of time	Did something creative
Set a daily intention	Processed my negative thoughts	Got Dressed	Moved 10 mins- 3 times today	Ate veggies
Stretched my body	Journalized	Thought about what I'm grateful for	Thanked someone	Spent 10 mins decluttering a space

# Wellness Bingo

Got Dressed	Drank 64 oz of water	30 jumping jacks	Limited screen time	Ate veggies
Spent 10 mins decluttering a space	Turned off the news	Played a board game/puzzle	Read 10 pages of a book	Made the Bed
Put on pants	Planned meals ahead of time	FREE SPACE	Did something creative	Had a healthy shake/smoothie
Took 10 deep breaths	Thought about what I'm grateful for	Thanked someone	Washed my hands for 20 seconds	Did a 1-minute plank
Changed out of pjs	Set a daily intention	Took the stairs	Read personal devel. book for 10 mins	Journalized

# Wellness Bingo

Processed my negative thoughts	Made the Bed	Changed out of pjs	Ate healthy snacks	Washed my hands for 20 seconds
Got Dressed	Used positive affirmations with myself	Learned something new	Thought about what I'm grateful for	Laughed today
Spent 10 mins decluttering a space	Took the stairs	FREE SPACE	Put on pants	Had a restful sleep last night
Read personal devel. book for 10 mins	Journalized	Did a 1-minute plank	Avoided sugar	Did something creative
Limited screen time	Turned off the news	Had a healthy shake/smoothie	30 jumping jacks	Ate veggies

# Wellness Bingo

Took the stairs	Journalized	Made the Bed	Put on pants	Spent 10 mins decluttering a space
Avoided sugar	Tried something new	Did something creative	Thanked someone	Ate veggies
Had a healthy shake/smoothie	Washed my hands for 20 seconds	<b>FREE SPACE</b>	30 jumping jacks	Drank 64 oz of water
Stretched my body	Read 10 pages of a book	Set a daily intention	Laughed today	Got Dressed
Thought about what I'm grateful for	Used positive affirmations with myself	Took 10 deep breaths	Ate healthy snacks	Took a multi-vitamin

# Wellness Bingo

30 jumping jacks	Took a multi-vitamin	Drank 64 oz of water	Did a 1-minute plank	Changed out of pjs
Planned meals ahead of time	Had a healthy shake/smoothie	Read 10 pages of a book	Am being kind to myself	Tried something new
Took the stairs	Played a board game/puzzle	<b>FREE SPACE</b>	Got Dressed	Set a daily intention
Avoided sugar	Washed my hands for 20 seconds	Thought about what I'm grateful for	Limited screen time	Had a restful sleep last night
Used positive affirmations with myself	Ate veggies	Processed my negative thoughts	Made the Bed	Learned something new

# Wellness Bingo

Did a 1-minute plank	Read 10 pages of a book	Had a restful sleep last night	Spent 10 mins decluttering a space	Put on pants
Thought about what I'm grateful for	Journalized	Thanked someone	30 jumping jacks	Read personal devel. book for 10 mins
Played a board game/puzzle	Am being kind to myself	<b>FREE SPACE</b>	Avoided sugar	Processed my negative thoughts
Stretched my body	<b>Made the Bed</b>	<b>Took the stairs</b>	Had a healthy shake/smoothie	Ate veggies
Took 10 deep breaths	Did something creative	Moved 10 mins- 3 times today	Used positive affirmations with myself	Took a multi-vitamin

# Wellness Bingo

Moved 10 mins- 3 times today	Read 10 pages of a book	Got Dressed	Took 10 deep breaths	Limited screen time
Turned off the news	Spent 10 mins decluttering a space	Changed out of pjs	Thought about what I'm grateful for	Took the stairs
Set a daily intention	Washed my hands for 20 seconds	<b>FREE SPACE</b>	Played a board game/puzzle	Tried something new
Put on pants	Processed my negative thoughts	30 jumping jacks	Stretched my body	Used positive affirmations with myself
Planned meals ahead of time	Laughed today	Ate veggies	Made the Bed	Drank 64 oz of water

# Wellness Bingo

Got Dressed	Thought about what I'm grateful for	Ate healthy snacks	Tried something new	Set a daily intention
Spent 10 mins decluttering a space	Processed my negative thoughts	30 jumping jacks	Took 10 deep breaths	Thanked someone
Went to bed by 10pm	Avoided sugar	FREE SPACE	Did a 1-minute plank	Am being kind to myself
Washed my hands for 20 seconds	Turned off the news	Had a healthy shake/smoothie	Ate veggies	Did something creative
Journalized	Stretched my body	Read personal devel. book for 10 mins	Laughed today	Put on pants

# Wellness Bingo

Did a 1-minute plank	Learned something new	Am being kind to myself	Changed out of pjs	Went to bed by 10pm
Put on pants	Called a friend	Played a board game/puzzle	Tried something new	Spent 10 mins decluttering a space
Laughed today	Read 10 pages of a book	<b>FREE SPACE</b>	Used positive affirmations with myself	Got Dressed
Took a multi-vitamin	Moved 10 mins- 3 times today	Had a restful sleep last night	Journalized	Avoided sugar
Stretched my body	Took the stairs	Turned off the news	Thanked someone	Ate healthy snacks