

# Wellness Bingo

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](https://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/fag> 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](https://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](https://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.

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

# Wellness Bingo

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

# Wellness Bingo

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

# Wellness Bingo

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

# Wellness Bingo

Washed my hands for 20 seconds	<b>Put on pants</b>	<b>Took the stairs</b>	Thanked someone	Had a restful sleep last night
Played a board game/puzzle	<b>Avoided sugar</b>	Stretched my body	Journalled	<b>Laughed today</b>
Set a daily intention	Am being kind to myself	<b>FREE SPACE</b>	<b>Took a multi-vitamin</b>	Learned something new
<b>Read 10 pages of a book</b>	Tried something new	Read personal devel. book for 10 mins	<b>Made the Bed</b>	<b>Moved 10 mins-3 times today</b>
<b>Changed out of pjs</b>	<b>Turned off the news</b>	<b>Planned meals ahead of time</b>	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	FREE SPACE	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	<b>Ate healthy snacks</b>	Had a restful sleep last night	Thanked someone	<b>Took a multi- vitamin</b>
Moved 10 mins- 3 times today	<b>Ate veggies</b>	<b>Called a friend</b>	<b>Took 10 deep breaths</b>	Read personal devel. book for 10 mins
<b>Limited screen time</b>	Changed out of pjs	<b>FREE SPACE</b>	Thought about what I'm grateful for	<b>Planned meals ahead of time</b>
<b>Journalled</b>	<b>Laughed today</b>	<b>30 jumping jacks</b>	<b>Went to bed by 10pm</b>	<b>Tried something new</b>
Had a healthy shake/smoothie	<b>Learned something new</b>	<b>Made the Bed</b>	<b>Stretched my body</b>	<b>Set a daily intention</b>



# Wellness Bingo

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

# Wellness Bingo

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

# Wellness Bingo

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

# Wellness Bingo

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

# Wellness Bingo

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

# Wellness Bingo

Limited screen time	Laughed today	Did a 1-minute plank	Ate healthy snacks	Journalled
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

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



# Wellness Bingo

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

# Wellness Bingo

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

# Wellness Bingo

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

# Wellness Bingo

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

# Wellness Bingo

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

# Wellness Bingo

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



# Wellness Bingo

Thought about what I'm grateful for	Changed out of pjs	Journaled	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	<b>FREE SPACE</b>	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	<b>Thanked someone</b>	Learned something new	<b>Did a 1-minute plank</b>	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	<b>Turned off the news</b>
Set a daily intention	Am being kind to myself	<b>Called a friend</b>	<b>Ate veggies</b>	Tried something new
Read personal devel. book for 10 mins	<b>Read 10 pages of a book</b>	Stretched my body	<b>Drank 64 oz of water</b>	<b>Took a multi-vitamin</b>

# Wellness Bingo

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

# Wellness Bingo

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

# 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	Journalled	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

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

# Wellness Bingo

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



# Wellness Bingo

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



# Wellness Bingo

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

# Wellness Bingo

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

# Wellness Bingo

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