

# Active Life 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/epa3pm](https://mfbc.us/e/epa3pm)

## 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/epa3pm](https://mfbc.us/s/epa3pm)

## Edit and Create

To add more words or make changes to this set of bingo cards go to [mfbc.us/e/epa3pm](https://mfbc.us/e/epa3pm)

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>Drink water 3x day</b>	<b>Exercise 15 min a day</b>	<b>Tell 5 people you love them</b>	<b>Read something productive</b>	<b>Eat a vegetable</b>	<b>Take your vitamins</b>	<b>Get Adjusted</b>
<b>Do daily spinal hygiene</b>	<b>Send a Healthy Recipe to a friend</b>	<b>Watch a Spinal Workshop on FB</b>	<b>Tell someone you get adjusted</b>	<b>Send a handwritten note</b>	<b>Leave AL a Google/FB Review</b>	<b>Make a 25 Gratitude list</b>
<b>Write a positive self affirmation</b>	<b>Put on real pants for work</b>	<b>Spend 15min quality time with family</b>	<b>Make a purchase at a local business</b>	<b>Do 5 chores for home</b>	<b>Go for a walk</b>	<b>Meditate for 15 min</b>
<b>Take 5 deep breaths</b>	<b>Pay it forward</b>	<b>Do something fun</b>	<b>Tell someone about Active Life</b>			

# Active Life Bingo

Take 5 deep breaths	Do something fun	Pay it forward	Exercise 15 min a day	Send a Healthy Recipe to a friend
Make a purchase at a local business	Send a handwritten note	Take your vitamins	Read something productive	Eat a vegetable
Tell 5 people you love them	Get Adjusted	Tell someone you get adjusted	Do daily spinal hygiene	Watch a Spinal Workshop on FB
Leave AL a Google/FB Review	Do 5 chores for home	Meditate for 15 min	Write a positive self affirmation	Make a 25 Gratitude list
Go for a walk	Drink water 3x day	Spend 15min quality time with family	Put on real pants for work	Tell someone about Active Life

# Active Life Bingo

Take your vitamins	Put on real pants for work	Send a handwritten note	Take 5 deep breaths	Leave AL a Google/FB Review
Make a purchase at a local business	Get Adjusted	Spend 15min quality time with family	Tell 5 people you love them	Exercise 15 min a day
Watch a Spinal Workshop on FB	Make a 25 Gratitude list	Drink water 3x day	Do daily spinal hygiene	Meditate for 15 min
Eat a vegetable	Do something fun	Tell someone you get adjusted	Do 5 chores for home	Pay it forward
Send a Healthy Recipe to a friend	Go for a walk	Tell someone about Active Life	Read something productive	Write a positive self affirmation

# Active Life Bingo

Spend 15min quality time with family	Read something productive	Take your vitamins	Make a 25 Gratitude list	Meditate for 15 min
Tell someone about Active Life	Exercise 15 min a day	Write a positive self affirmation	Do something fun	Tell someone you get adjusted
Get Adjusted	Put on real pants for work	Take 5 deep breaths	Do daily spinal hygiene	Send a handwritten note
Go for a walk	Tell 5 people you love them	Do 5 chores for home	Leave AL a Google/FB Review	Watch a Spinal Workshop on FB
Send a Healthy Recipe to a friend	Pay it forward	Make a purchase at a local business	Eat a vegetable	Drink water 3x day

# Active Life Bingo

Tell someone you get adjusted	Pay it forward	Tell 5 people you love them	Eat a vegetable	Put on real pants for work
Do daily spinal hygiene	Read something productive	Send a Healthy Recipe to a friend	Watch a Spinal Workshop on FB	Take your vitamins
Take 5 deep breaths	Spend 15min quality time with family	Write a positive self affirmation	Get Adjusted	Drink water 3x day
Make a 25 Gratitude list	Leave AL a Google/FB Review	Exercise 15 min a day	Tell someone about Active Life	Make a purchase at a local business
Send a handwritten note	Do something fun	Meditate for 15 min	Do 5 chores for home	Go for a walk

# Active Life Bingo

<b>Pay it forward</b>	<b>Eat a vegetable</b>	<b>Tell someone you get adjusted</b>	<b>Get Adjusted</b>	<b>Do 5 chores for home</b>
<b>Leave AL a Google/FB Review</b>	<b>Take your vitamins</b>	<b>Send a handwritten note</b>	<b>Do daily spinal hygiene</b>	<b>Tell someone about Active Life</b>
<b>Write a positive self affirmation</b>	<b>Do something fun</b>	<b>Watch a Spinal Workshop on FB</b>	<b>Make a purchase at a local business</b>	<b>Meditate for 15 min</b>
<b>Exercise 15 min a day</b>	<b>Drink water 3x day</b>	<b>Read something productive</b>	<b>Make a 25 Gratitude list</b>	<b>Take 5 deep breaths</b>
<b>Go for a walk</b>	<b>Tell 5 people you love them</b>	<b>Spend 15min quality time with family</b>	<b>Put on real pants for work</b>	<b>Send a Healthy Recipe to a friend</b>

# Active Life Bingo

<b>Pay it forward</b>	<b>Do something fun</b>	<b>Take 5 deep breaths</b>	<b>Exercise 15 min a day</b>	<b>Write a positive self affirmation</b>
<b>Drink water 3x day</b>	<b>Send a handwritten note</b>	<b>Get Adjusted</b>	<b>Put on real pants for work</b>	<b>Take your vitamins</b>
<b>Read something productive</b>	<b>Do 5 chores for home</b>	<b>Spend 15min quality time with family</b>	<b>Send a Healthy Recipe to a friend</b>	<b>Meditate for 15 min</b>
<b>Leave AL a Google/FB Review</b>	<b>Tell 5 people you love them</b>	<b>Tell someone you get adjusted</b>	<b>Watch a Spinal Workshop on FB</b>	<b>Make a purchase at a local business</b>
<b>Make a 25 Gratitude list</b>	<b>Tell someone about Active Life</b>	<b>Eat a vegetable</b>	<b>Do daily spinal hygiene</b>	<b>Go for a walk</b>

# Active Life Bingo

Watch a Spinal Workshop on FB	Drink water 3x day	Send a Healthy Recipe to a friend	Tell 5 people you love them	Write a positive self affirmation
Go for a walk	Take your vitamins	Send a handwritten note	Exercise 15 min a day	Meditate for 15 min
Get Adjusted	Spend 15min quality time with family	Make a purchase at a local business	Do daily spinal hygiene	Read something productive
Pay it forward	Put on real pants for work	Make a 25 Gratitude list	Do 5 chores for home	Tell someone you get adjusted
Take 5 deep breaths	Leave AL a Google/FB Review	Eat a vegetable	Tell someone about Active Life	Do something fun

# Active Life Bingo

Watch a Spinal Workshop on FB	Take 5 deep breaths	Leave AL a Google/FB Review	Make a purchase at a local business	Do 5 chores for home
Drink water 3x day	Tell someone you get adjusted	Do daily spinal hygiene	Pay it forward	Eat a vegetable
Take your vitamins	Spend 15min quality time with family	Read something productive	Get Adjusted	Exercise 15 min a day
Tell someone about Active Life	Do something fun	Write a positive self affirmation	Meditate for 15 min	Send a Healthy Recipe to a friend
Make a 25 Gratitude list	Go for a walk	Send a handwritten note	Put on real pants for work	Tell 5 people you love them

# Active Life Bingo

Leave AL a Google/FB Review	Make a 25 Gratitude list	Put on real pants for work	Tell 5 people you love them	Do daily spinal hygiene
Pay it forward	Eat a vegetable	Exercise 15 min a day	Meditate for 15 min	Take 5 deep breaths
Spend 15min quality time with family	Read something productive	Watch a Spinal Workshop on FB	Get Adjusted	Send a handwritten note
Tell someone about Active Life	Go for a walk	Send a Healthy Recipe to a friend	Drink water 3x day	Make a purchase at a local business
Do 5 chores for home	Take your vitamins	Do something fun	Write a positive self affirmation	Tell someone you get adjusted

# Active Life Bingo

Tell someone you get adjusted	Tell 5 people you love them	Send a Healthy Recipe to a friend	Do something fun	Drink water 3x day
Send a handwritten note	Go for a walk	Get Adjusted	Do daily spinal hygiene	Do 5 chores for home
Put on real pants for work	Write a positive self affirmation	Take 5 deep breaths	Make a 25 Gratitude list	Take your vitamins
Meditate for 15 min	Watch a Spinal Workshop on FB	Pay it forward	Tell someone about Active Life	Eat a vegetable
Make a purchase at a local business	Spend 15min quality time with family	Leave AL a Google/FB Review	Exercise 15 min a day	Read something productive

# Active Life Bingo

Do something fun	Tell someone about Active Life	Take 5 deep breaths	Do daily spinal hygiene	Exercise 15 min a day
Read something productive	Leave AL a Google/FB Review	Pay it forward	Put on real pants for work	Take your vitamins
Go for a walk	Watch a Spinal Workshop on FB	Send a Healthy Recipe to a friend	Write a positive self affirmation	Meditate for 15 min
Send a handwritten note	Spend 15min quality time with family	Tell 5 people you love them	Drink water 3x day	Tell someone you get adjusted
Do 5 chores for home	Get Adjusted	Eat a vegetable	Make a purchase at a local business	Make a 25 Gratitude list

# Active Life Bingo

Send a handwritten note	Go for a walk	Read something productive	Do something fun	Get Adjusted
Make a 25 Gratitude list	Put on real pants for work	Make a purchase at a local business	Tell someone about Active Life	Exercise 15 min a day
Meditate for 15 min	Take your vitamins	Do daily spinal hygiene	Write a positive self affirmation	Watch a Spinal Workshop on FB
Pay it forward	Tell someone you get adjusted	Take 5 deep breaths	Leave AL a Google/FB Review	Drink water 3x day
Do 5 chores for home	Spend 15min quality time with family	Send a Healthy Recipe to a friend	Tell 5 people you love them	Eat a vegetable

# Active Life Bingo

<b>Take your vitamins</b>	Write a positive self affirmation	Eat a vegetable	Leave AL a Google/FB Review	Make a 25 Gratitude list
Put on real pants for work	<b>Drink water 3x day</b>	Exercise 15 min a day	Watch a Spinal Workshop on FB	Read something productive
Send a handwritten note	Tell 5 people you love them	<b>Take 5 deep breaths</b>	Get Adjusted	<b>Go for a walk</b>
Do 5 chores for home	Send a Healthy Recipe to a friend	Do daily spinal hygiene	Make a purchase at a local business	Tell someone you get adjusted
Do something fun	Meditate for 15 min	<b>Pay it forward</b>	Tell someone about Active Life	Spend 15min quality time with family

# Active Life Bingo

Make a 25 Gratitude list	Write a positive self affirmation	Eat a vegetable	Meditate for 15 min	Put on real pants for work
<b>Drink water 3x day</b>	Take your vitamins	Spend 15min quality time with family	Make a purchase at a local business	Read something productive
Get Adjusted	Tell someone about Active Life	Send a handwritten note	Do 5 chores for home	<b>Pay it forward</b>
Send a Healthy Recipe to a friend	Do daily spinal hygiene	Tell someone you get adjusted	Exercise 15 min a day	Tell 5 people you love them
<b>Take 5 deep breaths</b>	Watch a Spinal Workshop on FB	Leave AL a Google/FB Review	<b>Go for a walk</b>	Do something fun

# Active Life Bingo

<b>Go for a walk</b>	Leave AL a Google/FB Review	<b>Pay it forward</b>	Send a handwritten note	Do something fun
Spend 15min quality time with family	<b>Tell someone you get adjusted</b>	<b>Put on real pants for work</b>	<b>Exercise 15 min a day</b>	<b>Do daily spinal hygiene</b>
Read something productive	<b>Eat a vegetable</b>	<b>Tell 5 people you love them</b>	<b>Take your vitamins</b>	<b>Take 5 deep breaths</b>
Write a positive self affirmation	<b>Make a purchase at a local business</b>	<b>Get Adjusted</b>	Watch a Spinal Workshop on FB	<b>Do 5 chores for home</b>
Tell someone about Active Life	<b>Drink water 3x day</b>	<b>Send a Healthy Recipe to a friend</b>	<b>Meditate for 15 min</b>	<b>Make a 25 Gratitude list</b>

# Active Life Bingo

<b>Do daily spinal hygiene</b>	Read something productive	<b>Meditate for 15 min</b>	Watch a Spinal Workshop on FB	<b>Get Adjusted</b>
<b>Tell someone you get adjusted</b>	Tell someone about Active Life	<b>Take your vitamins</b>	Write a positive self affirmation	<b>Put on real pants for work</b>
Spend 15min quality time with family	<b>Send a Healthy Recipe to a friend</b>	<b>Do 5 chores for home</b>	<b>Pay it forward</b>	<b>Make a 25 Gratitude list</b>
Send a handwritten note	<b>Take 5 deep breaths</b>	<b>Make a purchase at a local business</b>	Leave AL a Google/FB Review	<b>Tell 5 people you love them</b>
<b>Eat a vegetable</b>	<b>Go for a walk</b>	Do something fun	<b>Exercise 15 min a day</b>	<b>Drink water 3x day</b>

# Active Life Bingo

<b>Pay it forward</b>	Read something productive	<b>Exercise 15 min a day</b>	Watch a Spinal Workshop on FB	Write a positive self affirmation
Eat a vegetable	<b>Go for a walk</b>	Do something fun	Tell 5 people you love them	Leave AL a Google/FB Review
Make a 25 Gratitude list	Put on real pants for work	Do 5 chores for home	Make a purchase at a local business	Send a handwritten note
Meditate for 15 min	<b>Drink water 3x day</b>	Tell someone about Active Life	Send a Healthy Recipe to a friend	Spend 15min quality time with family
<b>Take 5 deep breaths</b>	Tell someone you get adjusted	<b>Do daily spinal hygiene</b>	Get Adjusted	<b>Take your vitamins</b>

# Active Life Bingo

<b>Meditate for 15 min</b>	Do something fun	Do 5 chores for home	Eat a vegetable	<b>Take your vitamins</b>
Put on real pants for work	<b>Take 5 deep breaths</b>	Read something productive	Send a Healthy Recipe to a friend	Spend 15min quality time with family
Tell someone you get adjusted	<b>Pay it forward</b>	Make a purchase at a local business	Make a 25 Gratitude list	Leave AL a Google/FB Review
Tell 5 people you love them	Get Adjusted	<b>Go for a walk</b>	<b>Exercise 15 min a day</b>	<b>Drink water 3x day</b>
<b>Do daily spinal hygiene</b>	Send a handwritten note	Tell someone about Active Life	Watch a Spinal Workshop on FB	Write a positive self affirmation

# Active Life Bingo

Get Adjusted	Make a purchase at a local business	Write a positive self affirmation	Meditate for 15 min	Make a 25 Gratitude list
Drink water 3x day	Leave AL a Google/FB Review	Eat a vegetable	Put on real pants for work	Send a Healthy Recipe to a friend
Spend 15min quality time with family	Watch a Spinal Workshop on FB	Take 5 deep breaths	Exercise 15 min a day	Tell 5 people you love them
Send a handwritten note	Go for a walk	Take your vitamins	Do daily spinal hygiene	Do 5 chores for home
Pay it forward	Tell someone about Active Life	Read something productive	Tell someone you get adjusted	Do something fun

# Active Life Bingo

Put on real pants for work	Tell 5 people you love them	Get Adjusted	Read something productive	Do 5 chores for home
Send a handwritten note	Send a Healthy Recipe to a friend	Go for a walk	Pay it forward	Do something fun
Write a positive self affirmation	Tell someone about Active Life	Make a purchase at a local business	Meditate for 15 min	Leave AL a Google/FB Review
Take your vitamins	Drink water 3x day	Tell someone you get adjusted	Watch a Spinal Workshop on FB	Spend 15min quality time with family
Do daily spinal hygiene	Exercise 15 min a day	Eat a vegetable	Make a 25 Gratitude list	Take 5 deep breaths

# Active Life Bingo

Tell 5 people you love them	Send a Healthy Recipe to a friend	Read something productive	Go for a walk	Take 5 deep breaths
Spend 15min quality time with family	Pay it forward	Tell someone you get adjusted	Eat a vegetable	Do daily spinal hygiene
Drink water 3x day	Exercise 15 min a day	Watch a Spinal Workshop on FB	Write a positive self affirmation	Make a 25 Gratitude list
Send a handwritten note	Take your vitamins	Do 5 chores for home	Put on real pants for work	Meditate for 15 min
Get Adjusted	Do something fun	Make a purchase at a local business	Tell someone about Active Life	Leave AL a Google/FB Review

# Active Life Bingo

Meditate for 15 min	Do 5 chores for home	Eat a vegetable	Make a 25 Gratitude list	Send a Healthy Recipe to a friend
Pay it forward	Send a handwritten note	Do something fun	Leave AL a Google/FB Review	Do daily spinal hygiene
Watch a Spinal Workshop on FB	Take your vitamins	Tell someone about Active Life	Make a purchase at a local business	Take 5 deep breaths
Drink water 3x day	Put on real pants for work	Tell 5 people you love them	Exercise 15 min a day	Go for a walk
Tell someone you get adjusted	Write a positive self affirmation	Spend 15min quality time with family	Read something productive	Get Adjusted

# Active Life Bingo

Make a purchase at a local business	Make a 25 Gratitude list	Do 5 chores for home	Send a handwritten note	Drink water 3x day
Tell 5 people you love them	Watch a Spinal Workshop on FB	Spend 15min quality time with family	Tell someone you get adjusted	Leave AL a Google/FB Review
Take your vitamins	Meditate for 15 min	Get Adjusted	Go for a walk	Write a positive self affirmation
Put on real pants for work	Tell someone about Active Life	Send a Healthy Recipe to a friend	Read something productive	Eat a vegetable
Exercise 15 min a day	Take 5 deep breaths	Do daily spinal hygiene	Do something fun	Pay it forward

# Active Life Bingo

Tell someone about Active Life	Spend 15min quality time with family	Get Adjusted	Do something fun	Make a purchase at a local business
Send a Healthy Recipe to a friend	Read something productive	Write a positive self affirmation	Tell someone you get adjusted	Pay it forward
Put on real pants for work	Go for a walk	Eat a vegetable	Meditate for 15 min	Leave AL a Google/FB Review
Send a handwritten note	Do 5 chores for home	Drink water 3x day	Make a 25 Gratitude list	Exercise 15 min a day
Take 5 deep breaths	Tell 5 people you love them	Do daily spinal hygiene	Take your vitamins	Watch a Spinal Workshop on FB

# Active Life Bingo

Spend 15min quality time with family	Put on real pants for work	Tell someone you get adjusted	Eat a vegetable	Drink water 3x day
Leave AL a Google/FB Review	Meditate for 15 min	Do 5 chores for home	Make a 25 Gratitude list	Watch a Spinal Workshop on FB
Make a purchase at a local business	Read something productive	Do something fun	Tell 5 people you love them	Tell someone about Active Life
Take your vitamins	Write a positive self affirmation	Exercise 15 min a day	Take 5 deep breaths	Send a Healthy Recipe to a friend
Go for a walk	Pay it forward	Send a handwritten note	Do daily spinal hygiene	Get Adjusted

# Active Life Bingo

Do 5 chores for home	Go for a walk	Make a 25 Gratitude list	Take your vitamins	Get Adjusted
Do daily spinal hygiene	Watch a Spinal Workshop on FB	Meditate for 15 min	Tell 5 people you love them	Make a purchase at a local business
Eat a vegetable	Send a handwritten note	Pay it forward	Drink water 3x day	Send a Healthy Recipe to a friend
Spend 15min quality time with family	Tell someone about Active Life	Put on real pants for work	Write a positive self affirmation	Read something productive
Take 5 deep breaths	Leave AL a Google/FB Review	Do something fun	Exercise 15 min a day	Tell someone you get adjusted

# Active Life Bingo

<b>Pay it forward</b>	<b>Go for a walk</b>	Watch a Spinal Workshop on FB	Tell someone you get adjusted	Put on real pants for work
Tell 5 people you love them	<b>Do daily spinal hygiene</b>	Do 5 chores for home	Write a positive self affirmation	Tell someone about Active Life
Eat a vegetable	Spend 15min quality time with family	Meditate for 15 min	<b>Drink water 3x day</b>	<b>Take 5 deep breaths</b>
Leave AL a Google/FB Review	<b>Send a Healthy Recipe to a friend</b>	Read something productive	Make a 25 Gratitude list	Make a purchase at a local business
Do something fun	Send a handwritten note	<b>Take your vitamins</b>	<b>Exercise 15 min a day</b>	<b>Get Adjusted</b>

# Active Life Bingo

Make a purchase at a local business	<b>Take 5 deep breaths</b>	Watch a Spinal Workshop on FB	Send a handwritten note	<b>Get Adjusted</b>
Tell 5 people you love them	Tell someone about Active Life	Tell someone you get adjusted	Do 5 chores for home	Read something productive
<b>Drink water 3x day</b>	Spend 15min quality time with family	<b>Take your vitamins</b>	Make a 25 Gratitude list	Leave AL a Google/FB Review
Eat a vegetable	Do something fun	<b>Go for a walk</b>	<b>Exercise 15 min a day</b>	Put on real pants for work
Write a positive self affirmation	<b>Send a Healthy Recipe to a friend</b>	<b>Do daily spinal hygiene</b>	Meditate for 15 min	<b>Pay it forward</b>

# Active Life Bingo

Make a purchase at a local business	Do something fun	Tell someone about Active Life	Do 5 chores for home	Eat a vegetable
Go for a walk	Do daily spinal hygiene	Drink water 3x day	Meditate for 15 min	Leave AL a Google/FB Review
Put on real pants for work	Read something productive	Write a positive self affirmation	Tell someone you get adjusted	Get Adjusted
Spend 15min quality time with family	Take your vitamins	Tell 5 people you love them	Exercise 15 min a day	Watch a Spinal Workshop on FB
Send a Healthy Recipe to a friend	Send a handwritten note	Take 5 deep breaths	Make a 25 Gratitude list	Pay it forward

# Active Life Bingo

Send a Healthy Recipe to a friend	Go for a walk	Do daily spinal hygiene	Get Adjusted	Tell someone you get adjusted
Exercise 15 min a day	Read something productive	Tell 5 people you love them	Make a purchase at a local business	Watch a Spinal Workshop on FB
Take 5 deep breaths	Put on real pants for work	Pay it forward	Eat a vegetable	Do something fun
Meditate for 15 min	Take your vitamins	Spend 15min quality time with family	Make a 25 Gratitude list	Drink water 3x day
Do 5 chores for home	Tell someone about Active Life	Send a handwritten note	Leave AL a Google/FB Review	Write a positive self affirmation