

# Healthy Habits Bingo

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## Safety First!

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

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

If you need to make any changes go to [mfbc.us/e/kx7uma](https://mfbc.us/e/kx7uma)

## 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/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/kx7uma](https://mfbc.us/s/kx7uma)

## Edit and Create

To add more words or make changes to this set of bingo cards go to [mfbc.us/e/kx7uma](https://mfbc.us/e/kx7uma)

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>Establish a daily routine</b>	<b>Set goals that are realistic</b>	<b>Do something creative</b>	<b>Cook at home versus ordering out if you can</b>	<b>Limit junk food but enjoy your favorite foods</b>	<b>Routine doctor office check-ups</b>	<b>Be grateful</b>
<b>Practice mindfulness</b>	<b>Get some sun</b>	<b>Spend time with animals and nature</b>	<b>Learn something new everyday</b>	<b>Drink green tea</b>	<b>Eat more fruits and vegetables</b>	<b>Avoid processed food</b>
<b>Always eat breakfast</b>	<b>Limit screen time</b>	<b>Limit sweetened drinks</b>	<b>Eat more meals together as a family</b>	<b>Eat breakfast</b>	<b>Talk to a councilor</b>	<b>Wear sunscreen</b>
<b>Mental break</b>	<b>Stretch</b>	<b>Listen to nature sounds</b>	<b>Get adequate sleep</b>	<b>Take time alone</b>	<b>Surround yourself with people who motivate you</b>	<b>Don't smoke</b>
<b>Increase physical activity</b>	<b>Yoga</b>	<b>Listen to uplifting music</b>	<b>Take pride in your appearance</b>	<b>Wash your hands regularly</b>	<b>Moisturize</b>	<b>Use less salt</b>
<b>Talk about your problems</b>	<b>Laugh often</b>	<b>Meditate</b>	<b>Drink more water</b>	<b>Tai Chi</b>	<b>Practice pursed-lipped breathing</b>	<b>Spend time with loved ones</b>
<b>Avoid drinking soda</b>	<b>Avoid artificial sweeteners</b>	<b>Read</b>	<b>Pray</b>			

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Learn something new everyday	Avoid drinking soda	Moisturize	Yoga	Read
Eat more meals together as a family	Cook at home versus ordering out if you can	Get some sun	Eat breakfast	Talk about your problems
Practice mindfulness	Use less salt	FREE SPACE	Pray	Get adequate sleep
Increase physical activity	Limit junk food but enjoy your favorite foods	Limit screen time	Take pride in your appearance	Be grateful
Listen to nature sounds	Do something creative	Practice pursed-lipped breathing	Tai Chi	Avoid artificial sweeteners

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Limit junk food but enjoy your favorite foods	Establish a daily routine	Talk to a councilor	Increase physical activity	Mental break
Wash your hands regularly	Learn something new everyday	Routine doctor office check-ups	Drink green tea	Eat breakfast
<b>Tai Chi</b>	Practice mindfulness	<b>FREE SPACE</b>	<b>Yoga</b>	Spend time with loved ones
Take pride in your appearance	Do something creative	Spend time with animals and nature	<b>Laugh often</b>	Cook at home versus ordering out if you can
Limit screen time	Take time alone	Listen to uplifting music	Moisturize	Talk about your problems

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<b>Get adequate sleep</b>	<b>Limit junk food but enjoy your favorite foods</b>	<b>Laugh often</b>	<b>Practice pursed- lipped breathing</b>	<b>Drink more water</b>
<b>Pray</b>	<b>Read</b>	<b>Practice mindfulness</b>	<b>Wear sunscreen</b>	<b>Surround yourself with people who motivate you</b>
<b>Yoga</b>	<b>Eat more fruits and vegetables</b>	<b>FREE SPACE</b>	<b>Moisturize</b>	<b>Spend time with animals and nature</b>
<b>Mental break</b>	<b>Cook at home versus ordering out if you can</b>	<b>Limit sweetened drinks</b>	<b>Meditate</b>	<b>Establish a daily routine</b>
<b>Do something creative</b>	<b>Take pride in your appearance</b>	<b>Avoid drinking soda</b>	<b>Listen to nature sounds</b>	<b>Learn something new everyday</b>

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<b>Listen to nature sounds</b>	<b>Wear sunscreen</b>	Surround yourself with people who motivate you	Take pride in your appearance	<b>Practice pursed-lipped breathing</b>
<b>Set goals that are realistic</b>	<b>Limit screen time</b>	Eat more meals together as a family	<b>Be grateful</b>	Practice mindfulness
<b>Establish a daily routine</b>	<b>Mental break</b>	<b>FREE SPACE</b>	Avoid artificial sweeteners	<b>Get adequate sleep</b>
<b>Talk about your problems</b>	Routine doctor office check-ups	<b>Get some sun</b>	Listen to uplifting music	Spend time with animals and nature
Learn something new everyday	Limit junk food but enjoy your favorite foods	<b>Laugh often</b>	Meditate	Spend time with loved ones

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Eat more meals together as a family	<b>Be grateful</b>	Listen to nature sounds	Always eat breakfast	Wear sunscreen
Do something creative	Spend time with loved ones	Practice mindfulness	<b>Pray</b>	<b>Tai Chi</b>
<b>Stretch</b>	Limit junk food but enjoy your favorite foods	<b>FREE SPACE</b>	Take pride in your appearance	<b>Drink green tea</b>
Avoid artificial sweeteners	Limit sweetened drinks	<b>Yoga</b>	Increase physical activity	Avoid drinking soda
<b>Meditate</b>	Listen to uplifting music	Eat more fruits and vegetables	Set goals that are realistic	Eat breakfast

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<b>Stretch</b>	<b>Avoid drinking soda</b>	Eat more meals together as a family	<b>Practice pursed-lipped breathing</b>	Routine doctor office check-ups
Learn something new everyday	<b>Avoid processed food</b>	<b>Read</b>	Cook at home versus ordering out if you can	<b>Meditate</b>
<b>Increase physical activity</b>	Do something creative	<b>FREE SPACE</b>	<b>Take time alone</b>	<b>Pray</b>
Limit junk food but enjoy your favorite foods	<b>Establish a daily routine</b>	<b>Get adequate sleep</b>	Wash your hands regularly	<b>Tai Chi</b>
<b>Always eat breakfast</b>	Take pride in your appearance	Spend time with animals and nature	<b>Use less salt</b>	<b>Laugh often</b>



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Listen to uplifting music	Avoid processed food	Get some sun	Limit screen time	Use less salt
Practice pursed-lipped breathing	Meditate	Talk about your problems	<b>Pray</b>	Stretch
Set goals that are realistic	Increase physical activity	<b>FREE SPACE</b>	Limit junk food but enjoy your favorite foods	Spend time with animals and nature
<b>Don't smoke</b>	<b>Read</b>	Wear sunscreen	Moisturize	Cook at home versus ordering out if you can
Eat more fruits and vegetables	Surround yourself with people who motivate you	Avoid artificial sweeteners	<b>Mental break</b>	<b>Laugh often</b>

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Talk about your problems	Listen to uplifting music	Learn something new everyday	Drink green tea	Talk to a councilor
<b>Read</b>	Eat breakfast	<b>Yoga</b>	Spend time with animals and nature	Always eat breakfast
Wear sunscreen	Wash your hands regularly	<b>FREE SPACE</b>	Avoid processed food	<b>Tai Chi</b>
Surround yourself with people who motivate you	Listen to nature sounds	Avoid artificial sweeteners	Take pride in your appearance	Routine doctor office check-ups
Practice mindfulness	Eat more meals together as a family	<b>Mental break</b>	<b>Take time alone</b>	<b>Be grateful</b>

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Routine doctor office check-ups	<b>Drink green tea</b>	<b>Mental break</b>	Spend time with loved ones	<b>Read</b>
<b>Stretch</b>	<b>Drink more water</b>	Establish a daily routine	Avoid artificial sweeteners	<b>Take time alone</b>
Practice mindfulness	<b>Limit screen time</b>	<b>FREE SPACE</b>	Eat more meals together as a family	Cook at home versus ordering out if you can
Eat more fruits and vegetables	<b>Be grateful</b>	Take pride in your appearance	<b>Get adequate sleep</b>	Spend time with animals and nature
<b>Laugh often</b>	Learn something new everyday	Set goals that are realistic	Moisturize	<b>Yoga</b>

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<b>Limit screen time</b>	Listen to nature sounds	<b>Get some sun</b>	Spend time with loved ones	<b>Avoid drinking soda</b>
Practice pursed-lipped breathing	<b>Increase physical activity</b>	Avoid processed food	Spend time with animals and nature	<b>Mental break</b>
<b>Don't smoke</b>	Do something creative	<b>FREE SPACE</b>	<b>Tai Chi</b>	Avoid artificial sweeteners
Practice mindfulness	Moisturize	Always eat breakfast	Establish a daily routine	<b>Talk about your problems</b>
<b>Take time alone</b>	Wear sunscreen	<b>Yoga</b>	Meditate	Learn something new everyday

# Healthy Habits Bingo

<b>Avoid drinking soda</b>	<b>Limit sweetened drinks</b>	<b>Routine doctor office check-ups</b>	<b>Take time alone</b>	<b>Yoga</b>
<b>Take pride in your appearance</b>	<b>Read</b>	<b>Talk to a councilor</b>	<b>Spend time with loved ones</b>	<b>Learn something new everyday</b>
<b>Avoid artificial sweeteners</b>	<b>Use less salt</b>	<b>FREE SPACE</b>	<b>Tai Chi</b>	<b>Cook at home versus ordering out if you can</b>
<b>Wash your hands regularly</b>	<b>Get adequate sleep</b>	<b>Spend time with animals and nature</b>	<b>Practice pursed-lipped breathing</b>	<b>Drink green tea</b>
<b>Establish a daily routine</b>	<b>Don't smoke</b>	<b>Limit junk food but enjoy your favorite foods</b>	<b>Pray</b>	<b>Eat more meals together as a family</b>

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<b>Increase physical activity</b>	<b>Get adequate sleep</b>	<b>Don't smoke</b>	<b>Avoid drinking soda</b>	<b>Do something creative</b>
<b>Establish a daily routine</b>	<b>Drink more water</b>	<b>Yoga</b>	<b>Practice mindfulness</b>	<b>Surround yourself with people who motivate you</b>
<b>Eat breakfast</b>	<b>Talk to a councilor</b>	<b>FREE SPACE</b>	<b>Talk about your problems</b>	<b>Tai Chi</b>
<b>Stretch</b>	<b>Read</b>	<b>Eat more fruits and vegetables</b>	<b>Limit sweetened drinks</b>	<b>Cook at home versus ordering out if you can</b>
<b>Avoid artificial sweeteners</b>	<b>Limit junk food but enjoy your favorite foods</b>	<b>Meditate</b>	<b>Take pride in your appearance</b>	<b>Routine doctor office check-ups</b>

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<b>Talk to a councilor</b>	<b>Limit junk food but enjoy your favorite foods</b>	<b>Surround yourself with people who motivate you</b>	<b>Wash your hands regularly</b>	<b>Be grateful</b>
<b>Drink green tea</b>	<b>Drink more water</b>	<b>Establish a daily routine</b>	<b>Meditate</b>	<b>Yoga</b>
<b>Avoid processed food</b>	<b>Cook at home versus ordering out if you can</b>	<b>FREE SPACE</b>	<b>Stretch</b>	<b>Read</b>
<b>Mental break</b>	<b>Listen to uplifting music</b>	<b>Get adequate sleep</b>	<b>Increase physical activity</b>	<b>Use less salt</b>
<b>Routine doctor office check-ups</b>	<b>Limit screen time</b>	<b>Learn something new everyday</b>	<b>Take pride in your appearance</b>	<b>Do something creative</b>

# Healthy Habits Bingo

<b>Take time alone</b>	<b>Drink more water</b>	<b>Be grateful</b>	<b>Talk about your problems</b>	<b>Meditate</b>
<b>Eat more fruits and vegetables</b>	<b>Wear sunscreen</b>	<b>Practice pursed- lipped breathing</b>	<b>Establish a daily routine</b>	<b>Avoid processed food</b>
<b>Limit junk food but enjoy your favorite foods</b>	<b>Routine doctor office check-ups</b>	<b>FREE SPACE</b>	<b>Spend time with loved ones</b>	<b>Yoga</b>
<b>Get adequate sleep</b>	<b>Laugh often</b>	<b>Eat breakfast</b>	<b>Spend time with animals and nature</b>	<b>Tai Chi</b>
<b>Do something creative</b>	<b>Limit sweetened drinks</b>	<b>Moisturize</b>	<b>Surround yourself with people who motivate you</b>	<b>Always eat breakfast</b>



# Healthy Habits Bingo

<b>Wash your hands regularly</b>	<b>Don't smoke</b>	Spend time with animals and nature	<b>Drink green tea</b>	Take pride in your appearance
Eat more meals together as a family	<b>Avoid drinking soda</b>	<b>Laugh often</b>	<b>Increase physical activity</b>	<b>Listen to nature sounds</b>
<b>Establish a daily routine</b>	<b>Yoga</b>	<b>FREE SPACE</b>	<b>Set goals that are realistic</b>	<b>Avoid artificial sweeteners</b>
<b>Get adequate sleep</b>	<b>Practice pursed-lipped breathing</b>	Cook at home versus ordering out if you can	<b>Wear sunscreen</b>	<b>Talk to a councilor</b>
<b>Limit screen time</b>	<b>Be grateful</b>	Practice mindfulness	<b>Eat breakfast</b>	Learn something new everyday

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Eat more fruits and vegetables	Avoid artificial sweeteners	Get adequate sleep	Wear sunscreen	<b>Tai Chi</b>
Surround yourself with people who motivate you	Listen to uplifting music	Do something creative	<b>Mental break</b>	<b>Take time alone</b>
Spend time with loved ones	Listen to nature sounds	<b>FREE SPACE</b>	Limit sweetened drinks	Talk about your problems
<b>Pray</b>	Talk to a councilor	Practice pursed-lipped breathing	Limit junk food but enjoy your favorite foods	Set goals that are realistic
Moisturize	Meditate	Use less salt	<b>Yoga</b>	Establish a daily routine

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<b>Spend time with loved ones</b>	<b>Wash your hands regularly</b>	<b>Eat more meals together as a family</b>	<b>Set goals that are realistic</b>	<b>Get adequate sleep</b>
<b>Listen to uplifting music</b>	<b>Be grateful</b>	<b>Cook at home versus ordering out if you can</b>	<b>Read</b>	<b>Meditate</b>
<b>Surround yourself with people who motivate you</b>	<b>Routine doctor office check-ups</b>	<b>FREE SPACE</b>	<b>Yoga</b>	<b>Avoid drinking soda</b>
<b>Don't smoke</b>	<b>Limit screen time</b>	<b>Drink green tea</b>	<b>Drink more water</b>	<b>Establish a daily routine</b>
<b>Eat breakfast</b>	<b>Practice pursed-lipped breathing</b>	<b>Always eat breakfast</b>	<b>Wear sunscreen</b>	<b>Eat more fruits and vegetables</b>

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<b>Avoid drinking soda</b>	<b>Use less salt</b>	Take pride in your appearance	Eat more fruits and vegetables	Always eat breakfast
Wash your hands regularly	Talk to a councilor	<b>Stretch</b>	Talk about your problems	<b>Be grateful</b>
Surround yourself with people who motivate you	Establish a daily routine	<b>FREE SPACE</b>	Limit junk food but enjoy your favorite foods	Learn something new everyday
Routine doctor office check-ups	<b>Yoga</b>	Get adequate sleep	<b>Get some sun</b>	<b>Tai Chi</b>
<b>Laugh often</b>	<b>Take time alone</b>	Spend time with animals and nature	Eat more meals together as a family	Listen to nature sounds

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<b>Yoga</b>	Do something creative	Take pride in your appearance	Eat breakfast	<b>Mental break</b>
Avoid processed food	<b>Drink more water</b>	Meditate	Eat more fruits and vegetables	<b>Drink green tea</b>
Set goals that are realistic	Practice pursed-lipped breathing	<b>FREE SPACE</b>	<b>Be grateful</b>	Establish a daily routine
<b>Take time alone</b>	<b>Get some sun</b>	Routine doctor office check-ups	<b>Laugh often</b>	Wear sunscreen
Spend time with loved ones	Moisturize	Listen to uplifting music	Learn something new everyday	<b>Limit screen time</b>

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<b>Pray</b>	<b>Limit screen time</b>	<b>Establish a daily routine</b>	<b>Do something creative</b>	<b>Take time alone</b>
<b>Get adequate sleep</b>	<b>Increase physical activity</b>	<b>Always eat breakfast</b>	<b>Get some sun</b>	<b>Practice mindfulness</b>
<b>Don't smoke</b>	<b>Eat more meals together as a family</b>	<b>FREE SPACE</b>	<b>Wear sunscreen</b>	<b>Meditate</b>
<b>Avoid drinking soda</b>	<b>Spend time with animals and nature</b>	<b>Surround yourself with people who motivate you</b>	<b>Stretch</b>	<b>Moisturize</b>
<b>Read</b>	<b>Tai Chi</b>	<b>Limit sweetened drinks</b>	<b>Drink green tea</b>	<b>Talk to a councilor</b>

# Healthy Habits Bingo

Practice pursed-lipped breathing	<b>Limit screen time</b>	Wash your hands regularly	<b>Get some sun</b>	<b>Don't smoke</b>
<b>Get adequate sleep</b>	Surround yourself with people who motivate you	<b>Set goals that are realistic</b>	<b>Talk to a counselor</b>	<b>Wear sunscreen</b>
<b>Laugh often</b>	Learn something new everyday	<b>FREE SPACE</b>	Eat more meals together as a family	<b>Listen to nature sounds</b>
<b>Spend time with loved ones</b>	<b>Mental break</b>	<b>Be grateful</b>	<b>Moisturize</b>	<b>Avoid artificial sweeteners</b>
<b>Talk about your problems</b>	Cook at home versus ordering out if you can	<b>Avoid processed food</b>	<b>Spend time with animals and nature</b>	<b>Practice mindfulness</b>

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Eat more fruits and vegetables	<b>Use less salt</b>	Talk to a councilor	Set goals that are realistic	<b>Stretch</b>
Always eat breakfast	<b>Be grateful</b>	<b>Get some sun</b>	Eat more meals together as a family	<b>Drink more water</b>
Talk about your problems	Wash your hands regularly	<b>FREE SPACE</b>	Increase physical activity	Avoid drinking soda
Take pride in your appearance	Limit junk food but enjoy your favorite foods	<b>Take time alone</b>	Avoid artificial sweeteners	Listen to uplifting music
<b>Drink green tea</b>	Learn something new everyday	<b>Mental break</b>	Eat breakfast	<b>Yoga</b>



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Take pride in your appearance	<b>Drink more water</b>	Eat breakfast	Always eat breakfast	Increase physical activity
Avoid processed food	Moisturize	Spend time with loved ones	<b>Limit screen time</b>	<b>Use less salt</b>
<b>Laugh often</b>	Listen to uplifting music	<b>FREE SPACE</b>	Listen to nature sounds	<b>Drink green tea</b>
Limit junk food but enjoy your favorite foods	<b>Pray</b>	Wear sunscreen	Eat more fruits and vegetables	<b>Read</b>
<b>Take time alone</b>	Surround yourself with people who motivate you	Practice pursed-lipped breathing	<b>Yoga</b>	Talk about your problems

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<b>Yoga</b>	Limit sweetened drinks	Do something creative	<b>Laugh often</b>	Avoid drinking soda
Surround yourself with people who motivate you	<b>Pray</b>	Stretch	Talk about your problems	<b>Get some sun</b>
Get adequate sleep	Moisturize	<b>FREE SPACE</b>	Eat breakfast	Wash your hands regularly
Talk to a councilor	Set goals that are realistic	Eat more meals together as a family	Listen to nature sounds	Meditate
<b>Don't smoke</b>	<b>Use less salt</b>	<b>Be grateful</b>	Establish a daily routine	Eat more fruits and vegetables

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<b>Take time alone</b>	<b>Laugh often</b>	Set goals that are realistic	Establish a daily routine	Talk to a councilor
Moisturize	Listen to nature sounds	Take pride in your appearance	Spend time with animals and nature	<b>Be grateful</b>
Wash your hands regularly	<b>Drink green tea</b>	<b>FREE SPACE</b>	<b>Use less salt</b>	Eat more fruits and vegetables
Avoid processed food	Practice pursed- lipped breathing	<b>Drink more water</b>	Surround yourself with people who motivate you	<b>Always eat breakfast</b>
Practice mindfulness	Listen to uplifting music	Get adequate sleep	<b>Mental break</b>	Eat breakfast

# Healthy Habits Bingo

Always eat breakfast	<b>Don't smoke</b>	Wear sunscreen	<b>Take time alone</b>	Routine doctor office check-ups
<b>Drink more water</b>	Limit junk food but enjoy your favorite foods	<b>Yoga</b>	Do something creative	Listen to uplifting music
Eat more fruits and vegetables	Avoid artificial sweeteners	<b>FREE SPACE</b>	Spend time with animals and nature	<b>Limit screen time</b>
Set goals that are realistic	Eat breakfast	<b>Mental break</b>	<b>Be grateful</b>	Surround yourself with people who motivate you
<b>Pray</b>	Wash your hands regularly	Increase physical activity	Avoid processed food	<b>Stretch</b>

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Listen to uplifting music	Use less salt	Don't smoke	Eat more meals together as a family	Establish a daily routine
Take pride in your appearance	<b>Pray</b>	Moisturize	Listen to nature sounds	Practice pursed-lipped breathing
Meditate	Avoid artificial sweeteners	<b>FREE SPACE</b>	Limit screen time	Always eat breakfast
Be grateful	Practice mindfulness	Limit sweetened drinks	Set goals that are realistic	Eat more fruits and vegetables
Laugh often	Avoid processed food	<b>Read</b>	Drink green tea	Mental break

# Healthy Habits Bingo

Listen to uplifting music	Learn something new everyday	Use less salt	Eat breakfast	Increase physical activity
Moisturize	<b>Read</b>	Do something creative	Spend time with loved ones	<b>Pray</b>
Set goals that are realistic	Surround yourself with people who motivate you	<b>FREE SPACE</b>	Mental break	Take time alone
Spend time with animals and nature	Listen to nature sounds	Limit sweetened drinks	Limit screen time	Always eat breakfast
Practice mindfulness	Wash your hands regularly	Stretch	<b>Yoga</b>	Talk about your problems

# Healthy Habits Bingo

<b>Take time alone</b>	<b>Pray</b>	<b>Eat breakfast</b>	<b>Spend time with animals and nature</b>	<b>Avoid drinking soda</b>
<b>Mental break</b>	<b>Moisturize</b>	<b>Take pride in your appearance</b>	<b>Limit sweetened drinks</b>	<b>Always eat breakfast</b>
<b>Practice pursed- lipped breathing</b>	<b>Read</b>	<b>FREE SPACE</b>	<b>Tai Chi</b>	<b>Don't smoke</b>
<b>Be grateful</b>	<b>Use less salt</b>	<b>Avoid artificial sweeteners</b>	<b>Surround yourself with people who motivate you</b>	<b>Wear sunscreen</b>
<b>Yoga</b>	<b>Spend time with loved ones</b>	<b>Eat more fruits and vegetables</b>	<b>Avoid processed food</b>	<b>Wash your hands regularly</b>

# Healthy Habits Bingo

<b>Take time alone</b>	<b>Get some sun</b>	<b>Don't smoke</b>	Avoid artificial sweeteners	Do something creative
<b>Tai Chi</b>	Get adequate sleep	Moisturize	<b>Limit screen time</b>	Spend time with animals and nature
Cook at home versus ordering out if you can	Listen to nature sounds	<b>FREE SPACE</b>	Eat breakfast	<b>Stretch</b>
<b>Talk to a councilor</b>	Listen to uplifting music	Routine doctor office check-ups	<b>Establish a daily routine</b>	Learn something new everyday
Eat more meals together as a family	<b>Be grateful</b>	Wash your hands regularly	Practice mindfulness	<b>Set goals that are realistic</b>