

Wellness 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/u4uqqah

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.

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/u4uqqah

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/u4uqqah

Go to 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.

Have Fun!

If you have any feedback or suggestions, drop us an email on 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.

Take a nap	30 min of exercise	Eat breakfast	Hang out with friends	Avoid all nighters	Make a schedule	Drink water
Go to SHAC when feeling unwell	Take breaks	Spend time with friends	Volunteer	Get involved on campus	Set goals	Don't smoke
Go to tutors	Don't cram for exams	Read a book	Save your money	Take a deep breath	Listen to music	Watch a movie
Do yoga	Go for a walk	Go out to eat	Make a to do list	Plan ahead	Don't eat only junk food	Call a friend or family member
Go to a social or campus event	Play an instrument					

Bingo Card ID 001

Wellness

Make a to do list	Call a friend or family member	Take a nap	Go to SHAC when feeling unwell	Don't eat only junk food
Hang out with friends	Take breaks	Go for a walk	Plan ahead	Listen to music
Go to tutors	Watch a movie	FREE SPACE	Play an instrument	Don't cram for exams
Volunteer	Avoid all nighters	Don't smoke	Save your money	Set goals
Eat breakfast	Go out to eat	Take a deep breath	Spend time with friends	30 min of exercise

Bingo Card ID 002

Wellness

Plan ahead	Go to a social or campus event	Take a deep breath	Listen to music	Make a to do list
Eat breakfast	Go for a walk	Don't smoke	Take breaks	Make a schedule
Play an instrument	Don't eat only junk food	FREE SPACE	Set goals	Watch a movie
Take a nap	Volunteer	Do yoga	Get involved on campus	Go out to eat
Avoid all nighters	Don't cram for exams	Call a friend or family member	Save your money	30 min of exercise

Bingo Card ID 003

Wellness

Plan ahead	Volunteer	Make a schedule	Go to tutors	Watch a movie
Get involved on campus	Take breaks	Go out to eat	Take a nap	Take a deep breath
Read a book	Don't eat only junk food	FREE SPACE	Spend time with friends	Go to a social or campus event
Don't smoke	Call a friend or family member	Save your money	Avoid all nighters	Make a to do list
Drink water	Listen to music	30 min of exercise	Play an instrument	Eat breakfast

Bingo Card ID 004

Wellness

Save your money	Volunteer	Go to SHAC when feeling unwell	Play an instrument	Take breaks
Don't cram for exams	Go to a social or campus event	Take a deep breath	Avoid all nighters	Go to tutors
Hang out with friends	Set goals	FREE SPACE	Plan ahead	Make a schedule
Spend time with friends	Don't smoke	Make a to do list	Watch a movie	Take a nap
Do yoga	Read a book	Get involved on campus	Eat breakfast	Don't eat only junk food

Bingo Card ID 005

Wellness

Save your money	Don't cram for exams	Go to SHAC when feeling unwell	30 min of exercise	Don't smoke
Take breaks	Watch a movie	Plan ahead	Eat breakfast	Avoid all nighters
Read a book	Listen to music	FREE SPACE	Spend time with friends	Call a friend or family member
Set goals	Go out to eat	Go for a walk	Don't eat only junk food	Do yoga
Go to tutors	Get involved on campus	Volunteer	Take a nap	Make a to do list

Bingo Card ID 006

Wellness

Go to SHAC when feeling unwell	Call a friend or family member	Volunteer	Make a to do list	Do yoga
Don't eat only junk food	Spend time with friends	Watch a movie	Don't smoke	Listen to music
Go to a social or campus event	Plan ahead	FREE SPACE	Go to tutors	30 min of exercise
Go out to eat	Make a schedule	Take breaks	Hang out with friends	Take a deep breath
Eat breakfast	Play an instrument	Save your money	Set goals	Go for a walk

Bingo Card ID 007

Wellness

Do yoga	Set goals	Hang out with friends	Play an instrument	Volunteer
Spend time with friends	Watch a movie	Drink water	Listen to music	Plan ahead
Take a nap	Don't eat only junk food	FREE SPACE	Go out to eat	Go for a walk
Go to tutors	Avoid all nighters	Make a schedule	Don't smoke	Take a deep breath
Go to SHAC when feeling unwell	Get involved on campus	Go to a social or campus event	30 min of exercise	Save your money

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Bingo Card ID 008

Wellness

Make a to do list	Set goals	Eat breakfast	Go for a walk	30 min of exercise
Do yoga	Save your money	Avoid all nighters	Take breaks	Go to SHAC when feeling unwell
Take a deep breath	Don't cram for exams	FREE SPACE	Make a schedule	Plan ahead
Volunteer	Go to tutors	Take a nap	Spend time with friends	Don't smoke
Don't eat only junk food	Call a friend or family member	Read a book	Hang out with friends	Watch a movie

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Bingo Card ID 009

Wellness

Eat breakfast	Take a deep breath	Go to a social or campus event	Get involved on campus	Avoid all nighters
Play an instrument	Take breaks	Don't eat only junk food	Don't cram for exams	Go out to eat
Go to SHAC when feeling unwell	Go to tutors	FREE SPACE	Make a schedule	Make a to do list
Don't smoke	Take a nap	Set goals	Listen to music	Drink water
Read a book	Watch a movie	Hang out with friends	Do yoga	Go for a walk

Bingo Card ID 010

Wellness

Save your money	Hang out with friends	Play an instrument	Call a friend or family member	Do yoga
Volunteer	Take a deep breath	Listen to music	Drink water	Don't smoke
Avoid all nighters	Take breaks	FREE SPACE	Take a nap	30 min of exercise
Go to a social or campus event	Spend time with friends	Make a to do list	Plan ahead	Get involved on campus
Go to SHAC when feeling unwell	Go out to eat	Set goals	Read a book	Don't cram for exams

Bingo Card ID 011

Wellness

Call a friend or family member	Read a book	Avoid all nighters	Make a to do list	Don't eat only junk food
Go to tutors	Volunteer	Eat breakfast	Watch a movie	Drink water
Plan ahead	Go to SHAC when feeling unwell	FREE SPACE	Go to a social or campus event	Spend time with friends
Set goals	Hang out with friends	Go out to eat	Listen to music	Make a schedule
Play an instrument	Do yoga	Take a deep breath	Save your money	30 min of exercise

Bingo Card ID 012

Wellness

Listen to music	Drink water	Go to tutors	Call a friend or family member	Don't smoke
Get involved on campus	Go to a social or campus event	Take breaks	Go for a walk	Read a book
Don't eat only junk food	Go out to eat	FREE SPACE	Plan ahead	Avoid all nighters
Spend time with friends	Set goals	Go to SHAC when feeling unwell	Volunteer	Make a to do list
Save your money	Take a nap	Eat breakfast	Do yoga	30 min of exercise

Bingo Card ID 013

Wellness

Plan ahead	Eat breakfast	Don't cram for exams	Go to a social or campus event	Get involved on campus
Spend time with friends	Do yoga	Don't eat only junk food	Set goals	Take a deep breath
Go to tutors	Listen to music	FREE SPACE	Play an instrument	Make a to do list
Don't smoke	Drink water	30 min of exercise	Hang out with friends	Avoid all nighters
Save your money	Go for a walk	Call a friend or family member	Go to SHAC when feeling unwell	Go out to eat

Bingo Card ID 014

Wellness

Get involved on campus	Don't cram for exams	Spend time with friends	Volunteer	Go out to eat
Do yoga	Plan ahead	Go to a social or campus event	Go to tutors	Make a schedule
Go for a walk	Don't smoke	FREE SPACE	Read a book	Take a nap
30 min of exercise	Go to SHAC when feeling unwell	Listen to music	Hang out with friends	Avoid all nighters
Save your money	Play an instrument	Don't eat only junk food	Make a to do list	Set goals

Bingo Card ID 015

Wellness

Drink water	Eat breakfast	Go to SHAC when feeling unwell	Call a friend or family member	Make a schedule
Listen to music	Save your money	Go to a social or campus event	Avoid all nighters	Volunteer
Don't eat only junk food	Go to tutors	FREE SPACE	Take breaks	Don't cram for exams
Play an instrument	Spend time with friends	Go for a walk	Plan ahead	Make a to do list
Watch a movie	Don't smoke	Set goals	30 min of exercise	Read a book

Bingo Card ID 016

Wellness

Avoid all nighters	Go out to eat	Go to tutors	Don't smoke	Set goals
Take a deep breath	Save your money	Read a book	Watch a movie	Volunteer
Plan ahead	Take a nap	FREE SPACE	Spend time with friends	Go to a social or campus event
Make a schedule	30 min of exercise	Hang out with friends	Go to SHAC when feeling unwell	Listen to music
Make a to do list	Get involved on campus	Go for a walk	Take breaks	Play an instrument

Bingo Card ID 017

Wellness

Go to tutors	Go to SHAC when feeling unwell	Set goals	Spend time with friends	Don't cram for exams
Don't eat only junk food	Call a friend or family member	Drink water	Play an instrument	Eat breakfast
Get involved on campus	Go to a social or campus event	FREE SPACE	30 min of exercise	Go for a walk
Volunteer	Go out to eat	Listen to music	Take a nap	Take a deep breath
Do yoga	Hang out with friends	Read a book	Make a schedule	Save your money

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Bingo Card ID 018

Wellness

Go out to eat	Call a friend or family member	30 min of exercise	Plan ahead	Don't cram for exams
Go to a social or campus event	Make a to do list	Go to tutors	Hang out with friends	Make a schedule
Save your money	Go to SHAC when feeling unwell	FREE SPACE	Get involved on campus	Eat breakfast
Go for a walk	Play an instrument	Don't smoke	Take a deep breath	Take a nap
Drink water	Take breaks	Don't eat only junk food	Do yoga	Set goals

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Bingo Card ID 019

Wellness

Take a deep breath	Don't smoke	Go for a walk	Spend time with friends	Get involved on campus
Go out to eat	Do yoga	Eat breakfast	Don't cram for exams	Volunteer
Go to a social or campus event	Hang out with friends	FREE SPACE	Make a schedule	Set goals
Take a nap	Make a to do list	Don't eat only junk food	Listen to music	Play an instrument
Drink water	Avoid all nighters	Plan ahead	30 min of exercise	Go to SHAC when feeling unwell

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Bingo Card ID 020

Wellness

Watch a movie	Don't smoke	Play an instrument	Go to a social or campus event	Go to tutors
Listen to music	30 min of exercise	Drink water	Take breaks	Hang out with friends
Call a friend or family member	Go to SHAC when feeling unwell	FREE SPACE	Spend time with friends	Take a nap
Read a book	Plan ahead	Go out to eat	Go for a walk	Eat breakfast
Do yoga	Save your money	Set goals	Make a schedule	Avoid all nighters

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Bingo Card ID 021

Wellness

Play an instrument	Volunteer	Hang out with friends	Go to tutors	Drink water
Make a to do list	Make a schedule	Go to SHAC when feeling unwell	Save your money	Avoid all nighters
Take a nap	Don't cram for exams	FREE SPACE	Take a deep breath	Don't eat only junk food
Do yoga	Get involved on campus	Spend time with friends	Take breaks	Set goals
Listen to music	30 min of exercise	Plan ahead	Watch a movie	Go to a social or campus event

Bingo Card ID 022

Wellness

Go out to eat	30 min of exercise	Don't cram for exams	Get involved on campus	Go to SHAC when feeling unwell
Hang out with friends	Listen to music	Call a friend or family member	Eat breakfast	Avoid all nighters
Set goals	Plan ahead	FREE SPACE	Make a to do list	Read a book
Go for a walk	Take a deep breath	Do yoga	Go to a social or campus event	Take breaks
Volunteer	Watch a movie	Play an instrument	Take a nap	Save your money

Bingo Card ID 023

Wellness

Go for a walk	Get involved on campus	30 min of exercise	Listen to music	Take a nap
Do yoga	Play an instrument	Set goals	Make a schedule	Save your money
Plan ahead	Eat breakfast	FREE SPACE	Watch a movie	Go out to eat
Volunteer	Don't smoke	Drink water	Go to a social or campus event	Take a deep breath
Spend time with friends	Read a book	Hang out with friends	Take breaks	Go to tutors

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Bingo Card ID 024

Wellness

Read a book	Make a schedule	Don't smoke	Call a friend or family member	Watch a movie
Go for a walk	Take a nap	Go to tutors	Hang out with friends	Go to SHAC when feeling unwell
Spend time with friends	Save your money	FREE SPACE	Don't cram for exams	Go to a social or campus event
Drink water	Go out to eat	Listen to music	Eat breakfast	30 min of exercise
Do yoga	Take a deep breath	Get involved on campus	Don't eat only junk food	Take breaks

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Bingo Card ID 025

Wellness

Make a schedule	Go to a social or campus event	Take a nap	Save your money	Don't cram for exams
Volunteer	Do yoga	Eat breakfast	Go out to eat	30 min of exercise
Get involved on campus	Take breaks	FREE SPACE	Set goals	Take a deep breath
Watch a movie	Go for a walk	Go to tutors	Call a friend or family member	Play an instrument
Plan ahead	Read a book	Spend time with friends	Make a to do list	Don't eat only junk food

Bingo Card ID 026

Wellness

30 min of exercise	Drink water	Get involved on campus	Don't smoke	Plan ahead
Avoid all nighters	Set goals	Go out to eat	Play an instrument	Go for a walk
Take a deep breath	Don't cram for exams	FREE SPACE	Listen to music	Watch a movie
Go to SHAC when feeling unwell	Do yoga	Make a schedule	Read a book	Hang out with friends
Go to a social or campus event	Spend time with friends	Go to tutors	Make a to do list	Take breaks

Bingo Card ID 027

Wellness

Go to SHAC when feeling unwell	Set goals	Drink water	Watch a movie	Take a nap
Save your money	Go to a social or campus event	Volunteer	Spend time with friends	Play an instrument
Avoid all nighters	30 min of exercise	FREE SPACE	Read a book	Take breaks
Don't cram for exams	Make a schedule	Go out to eat	Do yoga	Make a to do list
Eat breakfast	Take a deep breath	Go to tutors	Hang out with friends	Go for a walk

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Bingo Card ID 028

Wellness

Set goals	Make a to do list	Go for a walk	Listen to music	Take a nap
Don't smoke	Watch a movie	Take a deep breath	Save your money	Read a book
Play an instrument	30 min of exercise	FREE SPACE	Take breaks	Go to tutors
Make a schedule	Plan ahead	Do yoga	Call a friend or family member	Get involved on campus
Eat breakfast	Don't cram for exams	Drink water	Go to a social or campus event	Don't eat only junk food

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Bingo Card ID 029

Wellness

Watch a movie	Go for a walk	Call a friend or family member	Take a deep breath	Take a nap
Read a book	Volunteer	30 min of exercise	Drink water	Don't cram for exams
Avoid all nighters	Go out to eat	FREE SPACE	Do yoga	Eat breakfast
Go to a social or campus event	Take breaks	Go to tutors	Spend time with friends	Save your money
Don't smoke	Plan ahead	Make a schedule	Play an instrument	Set goals

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Bingo Card ID 030

Wellness

Hang out with friends	Drink water	Avoid all nighters	Don't smoke	Take a nap
Play an instrument	Go to tutors	Save your money	Don't eat only junk food	Go for a walk
Set goals	Go to SHAC when feeling unwell	FREE SPACE	Go to a social or campus event	Don't cram for exams
Take breaks	Make a to do list	Volunteer	Call a friend or family member	Go out to eat
Plan ahead	Make a schedule	Get involved on campus	Do yoga	30 min of exercise

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