

Goals 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/uvegt3n

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/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/uvegt3n

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/uvegt3n

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.

S.M.A.R.T. goals	Specific	Measurable	Attainable	Relevant	Time-oriented	Social goals
Physical goals	Family goals	Leisure goals	Personality goals	Time to friendships	New social activities	Building social network
Regular exercise	Drink more water	Getting "outside time"	Limiting desserts	Regular scheduled family time	Rekindling relationships with extended family	Try new family activities
Regular communication with family members	Find a new hobby	Regular scheduled "hobby time"	Try a new activity	Become aware of negative mindset and reframe it	Increase self-esteem	Increase self-compassion
Reduce anger outbursts	Employ calming techniques					

Goals

Regular exercise	Building social network	Time to friendships	Measurable	Family goals
Physical goals	Time-oriented	Leisure goals	Regular scheduled "hobby time"	Reduce anger outbursts
Personality goals	Try new family activities	FREE SPACE	Regular scheduled family time	Employ calming techniques
Try a new activity	Become aware of negative mindset and reframe it	Find a new hobby	Relevant	S.M.A.R.T. goals
Increase self-compassion	Limiting desserts	Specific	Social goals	Attainable

Goals

Regular scheduled "hobby time"	New social activities	Specific	Reduce anger outbursts	Regular exercise
Increase self- compassion	Leisure goals	Find a new hobby	Time- oriented	Regular communication with family members
Regular scheduled family time	Family goals	FREE SPACE	S.M.A.R.T. goals	Try new family activities
Time to friendships	Try a new activity	Drink more water	Increase self- esteem	Limiting desserts
Become aware of negative mindset and reframe it	Employ calming techniques	Building social network	Relevant	Attainable

Goals

Regular scheduled "hobby time"	Try a new activity	Regular communication with family members	Personality goals	Try new family activities
Increase self- esteem	Time- oriented	Limiting desserts	Time to friendships	Specific
Rekindling relationships with extended family	Family goals	FREE SPACE	Social goals	New social activities
Find a new hobby	Building social network	Relevant	Become aware of negative mindset and reframe it	Regular exercise
Getting "outside time"	Reduce anger outbursts	Attainable	Regular scheduled family time	Increase self- compassion

Goals

Relevant	Try a new activity	Measurable	Regular scheduled family time	Time-oriented
Employ calming techniques	New social activities	Specific	Become aware of negative mindset and reframe it	Personality goals
Physical goals	S.M.A.R.T. goals	FREE SPACE	Regular scheduled "hobby time"	Regular communication with family members
Social goals	Find a new hobby	Regular exercise	Try new family activities	Time to friendships
Drink more water	Rekindling relationships with extended family	Increase self-esteem	Increase self-compassion	Family goals

Goals

Relevant	Employ calming techniques	Measurable	Attainable	Find a new hobby
Time-oriented	Try new family activities	Regular scheduled "hobby time"	Increase self-compassion	Become aware of negative mindset and reframe it
Rekindling relationships with extended family	Reduce anger outbursts	FREE SPACE	Social goals	Building social network
S.M.A.R.T. goals	Limiting desserts	Leisure goals	Family goals	Drink more water
Personality goals	Increase self-esteem	Try a new activity	Time to friendships	Regular exercise

Goals

Measurable	Building social network	Try a new activity	Regular exercise	Drink more water
Family goals	Social goals	Try new family activities	Find a new hobby	Reduce anger outbursts
New social activities	Regular scheduled "hobby time"	FREE SPACE	Personality goals	Attainable
Limiting desserts	Regular communication with family members	Time-oriented	Physical goals	Specific
Increase self-compassion	Regular scheduled family time	Relevant	S.M.A.R.T. goals	Leisure goals

Goals

Drink more water	S.M.A.R.T. goals	Physical goals	Regular scheduled family time	Try a new activity
Social goals	Try new family activities	Getting "outside time"	Reduce anger outbursts	Regular scheduled "hobby time"
Time to friendships	Family goals	FREE SPACE	Limiting desserts	Leisure goals
Personality goals	Become aware of negative mindset and reframe it	Regular communication with family members	Find a new hobby	Specific
Measurable	Increase self-esteem	New social activities	Attainable	Relevant

Goals

Regular exercise	S.M.A.R.T. goals	Increase self-compassion	Leisure goals	Attainable
Drink more water	Relevant	Become aware of negative mindset and reframe it	Time-oriented	Measurable
Specific	Employ calming techniques	FREE SPACE	Regular communication with family members	Regular scheduled "hobby time"
Try a new activity	Personality goals	Time to friendships	Social goals	Find a new hobby
Family goals	Building social network	Rekindling relationships with extended family	Physical goals	Try new family activities

Goals

Increase self-compassion	Specific	New social activities	Increase self-esteem	Become aware of negative mindset and reframe it
Regular scheduled family time	Time-oriented	Family goals	Employ calming techniques	Limiting desserts
Measurable	Personality goals	FREE SPACE	Regular communication with family members	Regular exercise
Find a new hobby	Time to friendships	S.M.A.R.T. goals	Reduce anger outbursts	Getting "outside time"
Rekindling relationships with extended family	Try new family activities	Physical goals	Drink more water	Leisure goals

Goals

Relevant	Physical goals	Regular scheduled family time	Building social network	Drink more water
Try a new activity	Specific	Reduce anger outbursts	Getting "outside time"	Find a new hobby
Become aware of negative mindset and reframe it	Time-oriented	FREE SPACE	Time to friendships	Attainable
New social activities	Social goals	Regular exercise	Regular scheduled "hobby time"	Increase self-esteem
Measurable	Limiting desserts	S.M.A.R.T. goals	Rekindling relationships with extended family	Employ calming techniques

Goals

Building social network	Rekindling relationships with extended family	Become aware of negative mindset and reframe it	Regular exercise	Family goals
Personality goals	Try a new activity	Increase self-compassion	Try new family activities	Getting "outside time"
Regular scheduled "hobby time"	Measurable	FREE SPACE	New social activities	Social goals
S.M.A.R.T. goals	Physical goals	Limiting desserts	Reduce anger outbursts	Regular communication with family members
Regular scheduled family time	Drink more water	Specific	Relevant	Attainable

Goals

Reduce anger outbursts	Getting "outside time"	Personality goals	Building social network	Find a new hobby
Increase self-esteem	New social activities	Time-oriented	Leisure goals	Rekindling relationships with extended family
Family goals	Limiting desserts	FREE SPACE	Regular scheduled "hobby time"	Become aware of negative mindset and reframe it
Social goals	S.M.A.R.T. goals	Measurable	Try a new activity	Regular exercise
Relevant	Time to friendships	Increase self-compassion	Drink more water	Attainable

Goals

Regular scheduled "hobby time"	Increase self- compassion	Employ calming techniques	New social activities	Increase self- esteem
Social goals	Drink more water	Family goals	S.M.A.R.T. goals	Specific
Personality goals	Reduce anger outbursts	FREE SPACE	Regular scheduled family time	Regular exercise
Find a new hobby	Getting "outside time"	Attainable	Physical goals	Become aware of negative mindset and reframe it
Relevant	Leisure goals	Building social network	Measurable	Limiting desserts

Goals

Increase self-esteem	Employ calming techniques	Social goals	Try a new activity	Limiting desserts
Drink more water	Regular scheduled "hobby time"	New social activities	Personality goals	Regular communication with family members
Leisure goals	Find a new hobby	FREE SPACE	Rekindling relationships with extended family	Time to friendships
Attainable	Measurable	Reduce anger outbursts	Physical goals	Become aware of negative mindset and reframe it
Relevant	Regular scheduled family time	Family goals	Regular exercise	S.M.A.R.T. goals

Goals

Getting "outside time"	Increase self- compassion	Measurable	Building social network	Regular communication with family members
Reduce anger outbursts	Relevant	New social activities	Become aware of negative mindset and reframe it	Try a new activity
Family goals	Personality goals	FREE SPACE	Time- oriented	Employ calming techniques
Regular scheduled family time	Social goals	Leisure goals	Regular scheduled "hobby time"	Regular exercise
Try new family activities	Find a new hobby	S.M.A.R.T. goals	Attainable	Rekindling relationships with extended family

Goals

Become aware of negative mindset and reframe it	Limiting desserts	Personality goals	Find a new hobby	S.M.A.R.T. goals
Specific	Relevant	Rekindling relationships with extended family	Try new family activities	Try a new activity
Regular scheduled "hobby time"	Time to friendships	FREE SPACE	Social goals	New social activities
Regular communication with family members	Attainable	Physical goals	Measurable	Reduce anger outbursts
Regular exercise	Increase self-esteem	Leisure goals	Time-oriented	Regular scheduled family time

Goals

Personality goals	Measurable	S.M.A.R.T. goals	Social goals	Employ calming techniques
Family goals	Building social network	Getting "outside time"	Regular scheduled family time	Increase self-compassion
Increase self-esteem	New social activities	FREE SPACE	Attainable	Leisure goals
Try a new activity	Limiting desserts	Reduce anger outbursts	Time to friendships	Specific
Drink more water	Physical goals	Rekindling relationships with extended family	Regular communication with family members	Relevant

Goals

Limiting desserts	Building social network	Attainable	Regular scheduled "hobby time"	Employ calming techniques
New social activities	Regular exercise	Personality goals	Physical goals	Regular communication with family members
Relevant	Measurable	FREE SPACE	Increase self- esteem	Increase self- compassion
Leisure goals	Regular scheduled family time	Find a new hobby	Specific	Time to friendships
Getting "outside time"	Time- oriented	Family goals	Drink more water	S.M.A.R.T. goals

Goals

Specific	Find a new hobby	Leisure goals	Social goals	Increase self-esteem
Limiting desserts	Drink more water	Increase self-compassion	Employ calming techniques	Try a new activity
New social activities	Physical goals	FREE SPACE	Regular communication with family members	S.M.A.R.T. goals
Time to friendships	Regular exercise	Family goals	Reduce anger outbursts	Regular scheduled family time
Getting "outside time"	Become aware of negative mindset and reframe it	Regular scheduled "hobby time"	Attainable	Measurable

Goals

Try new family activities	Find a new hobby	Regular scheduled family time	New social activities	Personality goals
Reduce anger outbursts	Attainable	Getting "outside time"	Time-oriented	Physical goals
Building social network	Measurable	FREE SPACE	Social goals	Time to friendships
Rekindling relationships with extended family	Regular scheduled "hobby time"	Limiting desserts	Leisure goals	Increase self-compassion
Drink more water	Relevant	S.M.A.R.T. goals	Regular communication with family members	Become aware of negative mindset and reframe it

Goals

Regular scheduled family time	Try a new activity	Physical goals	Personality goals	Getting "outside time"
Regular exercise	Regular communication with family members	Measurable	Relevant	Become aware of negative mindset and reframe it
Time to friendships	Employ calming techniques	FREE SPACE	Specific	Family goals
Drink more water	Increase self- esteem	Social goals	Time- oriented	S.M.A.R.T. goals
Reduce anger outbursts	Attainable	Regular scheduled "hobby time"	Try new family activities	New social activities

Goals

Limiting desserts	Attainable	Employ calming techniques	Increase self- esteem	Measurable
Physical goals	Reduce anger outbursts	Building social network	Increase self- compassion	Become aware of negative mindset and reframe it
S.M.A.R.T. goals	Regular scheduled "hobby time"	FREE SPACE	Regular exercise	Rekindling relationships with extended family
Leisure goals	Specific	Drink more water	New social activities	Time- oriented
Try a new activity	Try new family activities	Regular scheduled family time	Time to friendships	Relevant

Goals

Leisure goals	Increase self-esteem	Attainable	Reduce anger outbursts	Time to friendships
Drink more water	Regular scheduled family time	S.M.A.R.T. goals	Regular communication with family members	Relevant
Regular scheduled "hobby time"	Increase self-compassion	FREE SPACE	Try new family activities	Limiting desserts
Try a new activity	Find a new hobby	Getting "outside time"	New social activities	Specific
Social goals	Rekindling relationships with extended family	Physical goals	Time-oriented	Personality goals

Goals

Rekindling relationships with extended family	Regular communication with family members	Find a new hobby	Building social network	Try new family activities
Leisure goals	Time to friendships	Personality goals	Physical goals	Measurable
Social goals	Relevant	FREE SPACE	Employ calming techniques	New social activities
Getting "outside time"	Limiting desserts	Reduce anger outbursts	Increase self-compassion	Attainable
Drink more water	Specific	Increase self-esteem	Family goals	Time-oriented

Goals

Regular communication with family members	New social activities	Time to friendships	Relevant	Employ calming techniques
Try a new activity	Drink more water	Increase self-compassion	Limiting desserts	Attainable
Increase self-esteem	Time-oriented	FREE SPACE	S.M.A.R.T. goals	Specific
Try new family activities	Leisure goals	Personality goals	Building social network	Regular scheduled family time
Regular scheduled "hobby time"	Rekindling relationships with extended family	Social goals	Regular exercise	Family goals

Goals

Attainable	Getting "outside time"	Increase self-esteem	Find a new hobby	Regular scheduled "hobby time"
Become aware of negative mindset and reframe it	S.M.A.R.T. goals	Limiting desserts	Regular scheduled family time	Leisure goals
Specific	Employ calming techniques	FREE SPACE	Reduce anger outbursts	Try new family activities
Measurable	Drink more water	Regular communication with family members	Rekindling relationships with extended family	Physical goals
New social activities	Social goals	Personality goals	Regular exercise	Time-oriented

Goals

Measurable	S.M.A.R.T. goals	Getting "outside time"	Try new family activities	Time to friendships
Relevant	New social activities	Try a new activity	Social goals	Regular scheduled family time
Become aware of negative mindset and reframe it	Attainable	FREE SPACE	Rekindling relationships with extended family	Time-oriented
Employ calming techniques	Regular communication with family members	Limiting desserts	Drink more water	Regular exercise
Increase self-compassion	Specific	Personality goals	Physical goals	Leisure goals

Goals

S.M.A.R.T. goals	Regular exercise	Leisure goals	Reduce anger outbursts	Time to friendships
Find a new hobby	Try new family activities	Specific	Relevant	Rekindling relationships with extended family
Regular scheduled family time	Attainable	FREE SPACE	Time-oriented	Personality goals
Regular communication with family members	Regular scheduled "hobby time"	Drink more water	Building social network	Increase self-esteem
Increase self-compassion	Employ calming techniques	Getting "outside time"	New social activities	Family goals

Goals

Try new family activities	Leisure goals	Building social network	Specific	Time to friendships
Rekindling relationships with extended family	Try a new activity	Attainable	Getting "outside time"	Employ calming techniques
Become aware of negative mindset and reframe it	Limiting desserts	FREE SPACE	Drink more water	Increase self-compassion
New social activities	Time-oriented	Personality goals	Social goals	Relevant
Find a new hobby	Regular scheduled "hobby time"	Regular communication with family members	Regular scheduled family time	S.M.A.R.T. goals

Goals

Physical goals	Getting "outside time"	Become aware of negative mindset and reframe it	Find a new hobby	Time to friendships
Regular scheduled family time	Personality goals	Relevant	Family goals	Leisure goals
S.M.A.R.T. goals	Measurable	FREE SPACE	New social activities	Employ calming techniques
Time-oriented	Regular exercise	Try a new activity	Building social network	Limiting desserts
Regular scheduled "hobby time"	Regular communication with family members	Increase self-esteem	Drink more water	Attainable