

Motivational Bingo Card!

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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/w4j7b2v

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/w4j7b2v

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/w4j7b2v

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.

Goal setting	Imagery	Using extrinsic rewards	Motivational music	Positive self-talk	Monitoring
Exercise Partner	Focus on the greatest competitor	Motivational cues	Daily questions	Task-relevant self-talk	Mood-related self-talk
Positive self-affirmation statement	Motivation	Intrinsic Motivation	Extrinsic Motivation		

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Extrinsic Motivation	Imagery	Positive self-affirmation statement	Using extrinsic rewards
Motivational cues	Task-relevant self-talk	Goal setting	Exercise Partner
Intrinsic Motivation	Mood-related self-talk	Daily questions	Motivational music
Monitoring	Motivation	Focus on the greatest competitor	Positive self-talk

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Positive self-talk	Mood-related self-talk	Motivational cues	Intrinsic Motivation
Imagery	Focus on the greatest competitor	Motivation	Exercise Partner
Extrinsic Motivation	Goal setting	Motivational music	Daily questions
Monitoring	Positive self-affirmation statement	Using extrinsic rewards	Task-relevant self-talk

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Task-relevant self-talk	Motivation	Motivational music	Imagery
Extrinsic Motivation	Intrinsic Motivation	Positive self-talk	Exercise Partner
Monitoring	Daily questions	Mood-related self-talk	Using extrinsic rewards
Positive self-affirmation statement	Focus on the greatest competitor	Goal setting	Motivational cues

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Positive self-affirmation statement	Goal setting	Positive self-talk	Exercise Partner
Task-relevant self-talk	Using extrinsic rewards	Intrinsic Motivation	Focus on the greatest competitor
Imagery	Mood-related self-talk	Motivation	Motivational cues
Extrinsic Motivation	Daily questions	Motivational music	Monitoring

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Positive self-affirmation statement	Goal setting	Daily questions	Intrinsic Motivation
Mood-related self-talk	Exercise Partner	Extrinsic Motivation	Motivational cues
Motivational music	Focus on the greatest competitor	Imagery	Motivation
Task-relevant self-talk	Monitoring	Positive self-talk	Using extrinsic rewards

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Positive self-affirmation statement	Extrinsic Motivation	Focus on the greatest competitor	Imagery
Intrinsic Motivation	Positive self-talk	Task-relevant self-talk	Daily questions
Motivational music	Using extrinsic rewards	Mood-related self-talk	Goal setting
Motivation	Motivational cues	Exercise Partner	Monitoring

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Focus on the greatest competitor	Using extrinsic rewards	Monitoring	Imagery
Motivational music	Exercise Partner	Intrinsic Motivation	Motivational cues
Task-relevant self-talk	Positive self-affirmation statement	Motivation	Positive self-talk
Daily questions	Extrinsic Motivation	Goal setting	Mood-related self-talk

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Motivational cues	Mood-related self-talk	Daily questions	Focus on the greatest competitor
Exercise Partner	Positive self-affirmation statement	Goal setting	Task-relevant self-talk
Extrinsic Motivation	Imagery	Intrinsic Motivation	Motivational music
Using extrinsic rewards	Monitoring	Motivation	Positive self-talk

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Mood-related self-talk	Motivation	Positive self-talk	Exercise Partner
Goal setting	Imagery	Motivational music	Positive self-affirmation statement
Task-relevant self-talk	Intrinsic Motivation	Monitoring	Focus on the greatest competitor
Using extrinsic rewards	Motivational cues	Daily questions	Extrinsic Motivation

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Using extrinsic rewards	Extrinsic Motivation	Focus on the greatest competitor	Monitoring
Intrinsic Motivation	Exercise Partner	Daily questions	Positive self-talk
Motivation	Motivational music	Positive self-affirmation statement	Goal setting
Motivational cues	Imagery	Mood-related self-talk	Task-relevant self-talk

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Extrinsic Motivation	Exercise Partner	Imagery	Task-relevant self-talk
Mood-related self-talk	Monitoring	Positive self-affirmation statement	Positive self-talk
Motivational music	Using extrinsic rewards	Focus on the greatest competitor	Daily questions
Goal setting	Intrinsic Motivation	Motivational cues	Motivation

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Task-relevant self-talk	Monitoring	Intrinsic Motivation	Extrinsic Motivation
Motivation	Positive self-talk	Motivational cues	Imagery
Motivational music	Exercise Partner	Positive self-affirmation statement	Daily questions
Focus on the greatest competitor	Mood-related self-talk	Goal setting	Using extrinsic rewards

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Mood-related self-talk	Goal setting	Motivation	Positive self-talk
Focus on the greatest competitor	Imagery	Task-relevant self-talk	Intrinsic Motivation
Monitoring	Daily questions	Exercise Partner	Using extrinsic rewards
Extrinsic Motivation	Motivational cues	Motivational music	Positive self-affirmation statement

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Motivation	Goal setting	Motivational music	Focus on the greatest competitor
Positive self-talk	Motivational cues	Task-relevant self-talk	Intrinsic Motivation
Daily questions	Positive self-affirmation statement	Using extrinsic rewards	Exercise Partner
Imagery	Extrinsic Motivation	Monitoring	Mood-related self-talk

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Monitoring	Mood-related self-talk	Positive self-affirmation statement	Extrinsic Motivation
Positive self-talk	Exercise Partner	Imagery	Task-relevant self-talk
Goal setting	Motivational cues	Intrinsic Motivation	Daily questions
Focus on the greatest competitor	Motivation	Motivational music	Using extrinsic rewards

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Exercise Partner	Motivational music	Task-relevant self-talk	Intrinsic Motivation
Positive self-talk	Daily questions	Using extrinsic rewards	Positive self-affirmation statement
Motivation	Motivational cues	Mood-related self-talk	Goal setting
Extrinsic Motivation	Monitoring	Focus on the greatest competitor	Imagery

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Task-relevant self-talk	Positive self-affirmation statement	Goal setting	Imagery
Extrinsic Motivation	Monitoring	Mood-related self-talk	Motivation
Daily questions	Motivational cues	Positive self-talk	Motivational music
Focus on the greatest competitor	Using extrinsic rewards	Exercise Partner	Intrinsic Motivation

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Extrinsic Motivation	Motivational music	Daily questions	Goal setting
Positive self-talk	Task-relevant self-talk	Using extrinsic rewards	Positive self-affirmation statement
Mood-related self-talk	Motivation	Motivational cues	Intrinsic Motivation
Imagery	Monitoring	Focus on the greatest competitor	Exercise Partner

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Motivational cues	Intrinsic Motivation	Focus on the greatest competitor	Motivation
Motivational music	Mood-related self-talk	Goal setting	Positive self-talk
Using extrinsic rewards	Imagery	Exercise Partner	Monitoring
Daily questions	Positive self-affirmation statement	Task-relevant self-talk	Extrinsic Motivation

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Intrinsic Motivation	Positive self-talk	Task-relevant self-talk	Daily questions
Monitoring	Using extrinsic rewards	Extrinsic Motivation	Positive self-affirmation statement
Mood-related self-talk	Motivational cues	Motivational music	Focus on the greatest competitor
Exercise Partner	Imagery	Goal setting	Motivation

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Using extrinsic rewards	Task-relevant self-talk	Monitoring	Positive self-affirmation statement
Exercise Partner	Goal setting	Focus on the greatest competitor	Imagery
Motivation	Daily questions	Extrinsic Motivation	Intrinsic Motivation
Motivational music	Positive self-talk	Motivational cues	Mood-related self-talk

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Motivational music	Daily questions	Goal setting	Motivation
Positive self-affirmation statement	Using extrinsic rewards	Extrinsic Motivation	Exercise Partner
Mood-related self-talk	Motivational cues	Focus on the greatest competitor	Positive self-talk
Imagery	Monitoring	Task-relevant self-talk	Intrinsic Motivation

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Motivational cues	Motivation	Daily questions	Focus on the greatest competitor
Mood-related self-talk	Motivational music	Intrinsic Motivation	Monitoring
Positive self-talk	Using extrinsic rewards	Goal setting	Task-relevant self-talk
Imagery	Exercise Partner	Extrinsic Motivation	Positive self-affirmation statement

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Intrinsic Motivation	Extrinsic Motivation	Motivational cues	Task-relevant self-talk
Using extrinsic rewards	Positive self-affirmation statement	Goal setting	Monitoring
Positive self-talk	Mood-related self-talk	Motivational music	Daily questions
Focus on the greatest competitor	Imagery	Motivation	Exercise Partner

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Positive self-talk	Goal setting	Focus on the greatest competitor	Mood-related self-talk
Motivational music	Daily questions	Motivation	Motivational cues
Task-relevant self-talk	Extrinsic Motivation	Imagery	Monitoring
Positive self-affirmation statement	Using extrinsic rewards	Exercise Partner	Intrinsic Motivation

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Daily questions	Monitoring	Motivation	Intrinsic Motivation
Exercise Partner	Motivational music	Motivational cues	Goal setting
Focus on the greatest competitor	Positive self-affirmation statement	Using extrinsic rewards	Positive self-talk
Task-relevant self-talk	Extrinsic Motivation	Mood-related self-talk	Imagery

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Positive self-affirmation statement	Monitoring	Positive self-talk	Daily questions
Exercise Partner	Goal setting	Motivational music	Focus on the greatest competitor
Mood-related self-talk	Task-relevant self-talk	Using extrinsic rewards	Motivation
Motivational cues	Extrinsic Motivation	Imagery	Intrinsic Motivation

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Motivational cues	Intrinsic Motivation	Daily questions	Focus on the greatest competitor
Task-relevant self-talk	Extrinsic Motivation	Goal setting	Mood-related self-talk
Motivation	Imagery	Monitoring	Positive self-talk
Exercise Partner	Motivational music	Using extrinsic rewards	Positive self-affirmation statement

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Motivational cues	Extrinsic Motivation	Daily questions	Goal setting
Monitoring	Exercise Partner	Focus on the greatest competitor	Motivational music
Mood-related self-talk	Positive self-talk	Task-relevant self-talk	Intrinsic Motivation
Imagery	Using extrinsic rewards	Motivation	Positive self-affirmation statement

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Monitoring	Using extrinsic rewards	Exercise Partner	Intrinsic Motivation
Imagery	Task-relevant self-talk	Motivational cues	Goal setting
Positive self-affirmation statement	Positive self-talk	Extrinsic Motivation	Motivational music
Focus on the greatest competitor	Motivation	Daily questions	Mood-related self-talk