

# 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/wk7dvw](https://mfbc.us/e/wk7dvw)

## 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/wk7dvw](https://mfbc.us/s/wk7dvw)

## Edit and Create

To add more words or make changes to this set of bingo cards go to [mfbc.us/e/wk7dvw](https://mfbc.us/e/wk7dvw)

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.

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

# Healthy Habits Bingo

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

# Healthy Habits Bingo

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
Tai Chi	Practice mindfulness	FREE SPACE	Yoga	Spend time with loved ones
Take pride in your appearance	Do something creative	Spend time with animals and nature	Laugh often	Cook at home versus ordering out if you can
Limit screen time	Take time alone	Listen to uplifting music	Moisturize	Talk about your problems

# Healthy Habits Bingo

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

# Healthy Habits Bingo

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

# Healthy Habits Bingo

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

# Healthy Habits Bingo

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

# Healthy Habits Bingo

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	Pray	Stretch
Set goals that are realistic	Increase physical activity	FREE SPACE	Limit junk food but enjoy your favorite foods	Spend time with animals and nature
Don't smoke	Read	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	Mental break	Laugh often

# Healthy Habits Bingo

Talk about your problems	Listen to uplifting music	Learn something new everyday	Drink green tea	Talk to a councilor
Read	Eat breakfast	Yoga	Spend time with animals and nature	Always eat breakfast
Wear sunscreen	Wash your hands regularly	FREE SPACE	Avoid processed food	Tai Chi
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	Mental break	Take time alone	Be grateful

# Healthy Habits Bingo

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

# Healthy Habits Bingo

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

# Healthy Habits Bingo

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

# Healthy Habits Bingo

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

# Healthy Habits Bingo

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

# Healthy Habits Bingo

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

# Healthy Habits Bingo

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

# Healthy Habits Bingo

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

# Healthy Habits Bingo

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

# Healthy Habits Bingo

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

# Healthy Habits Bingo

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

# Healthy Habits Bingo

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

# Healthy Habits Bingo

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

# Healthy Habits Bingo

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

# Healthy Habits Bingo

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

# Healthy Habits Bingo

Yoga	Limit sweetened drinks	Do something creative	Laugh often	Avoid drinking soda
Surround yourself with people who motivate you	Pray	Stretch	Talk about your problems	Get some sun
Get adequate sleep	Moisturize	FREE SPACE	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
Don't smoke	Use less salt	Be grateful	Establish a daily routine	Eat more fruits and vegetables

# Healthy Habits Bingo

Take time alone	Laugh often	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	Be grateful
Wash your hands regularly	Drink green tea	FREE SPACE	Use less salt	Eat more fruits and vegetables
Avoid processed food	Practice pursed-lipped breathing	Drink more water	Surround yourself with people who motivate you	Always eat breakfast
Practice mindfulness	Listen to uplifting music	Get adequate sleep	Mental break	Eat breakfast

# Healthy Habits Bingo

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

# Healthy Habits Bingo

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	Pray	Moisturize	Listen to nature sounds	Practice pursed-lipped breathing
Meditate	Avoid artificial sweeteners	FREE SPACE	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	Read	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	Read	Do something creative	Spend time with loved ones	Pray
Set goals that are realistic	Surround yourself with people who motivate you	FREE SPACE	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	Yoga	Talk about your problems

# Healthy Habits Bingo

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

# Healthy Habits Bingo

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