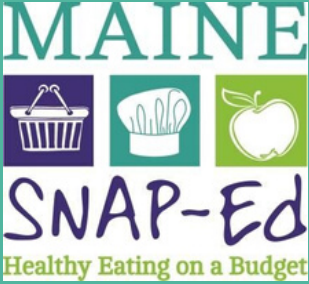




HEALTHY AT HOME BINGO



Keep track of good habits by marking boxes when completed. When you get 5 in a row, you have a BINGO! Celebrate your healthy choices!

<div>Tried a new fruit</div> <div></div>	<div>Read a book</div> <div></div>	<div>Helped cook a meal</div> <div></div>	<div>Danced to your favorite song</div> <div></div>	<div>Washed hands before meals</div> <div></div>
<div>Brushed teeth before bed</div> <div></div>	<div>Drew a picture</div> <div></div>	<div>Went for a walk</div> <div></div>	<div>Ate a meal with your family</div> <div></div>	<div>Stretched</div> <div></div>
<div>Ate 2 different colored vegetables in a day</div> <div></div>	<div>Drank a glass of water with lunch</div> <div></div>	<div>Jumped rope</div> <div></div>	<div>Chose a healthy snack</div> <div></div>	<div>Helped clean</div> <div></div>
<div>Played a board game</div> <div></div>	<div>Ate 2 different colored fruits in a day</div> <div></div>	<div>Did 10 jumping jacks</div> <div></div>	<div>Ate whole grains at a meal</div> <div></div>	<div>Did yoga</div> <div></div>
<div>Played outside</div> <div></div>	<div>Ate a healthy breakfast</div> <div></div>	<div>Tried a new vegetable</div> <div></div>	<div>Had low-fat or fat-free dairy at a meal</div> <div></div>	<div>Went to bed early</div> <div></div>

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