



HEART-HEALTHY BiNGO

**TELL
SOMEONE
YOU LOVE
THEM**

**FIND A
HEART
CHECK
MARK**



**WALK
OR BIKE
RIDE**

**PRACTICE
MINDFULNESS**

**DRINK
WATER**

**BE ACTIVE
FOR 60
MINUTES**

**SLEEP
10-12
HOURS A
NIGHT**

**TRY A
BREATHING
EXERCISE**



**TAKE A
WALK**



FREE!



**EAT A
HEALTHY
SNACK**

**FIND
YOUR
PULSE**

**HAVE A 5
MINUTE
DANCE
PARTY**

**EAT YOUR
FAVORITE
VEGETABLE**



**CREATE A
GOING
TO BED
ROUTINE**

**COMPLETE
AN ACT OF
KINDNESS**

**TRY A NEW
VEGETABLE**

**EAT THREE
DIFFERENT
FRUITS**

**TRACK
PHYSICAL
ACTIVITY
TODAY**

**EXPLAIN
WHY
SMOKING
IS BAD**

