

# Family wellness bingo

With at least one family member, complete as many of the activities as you can and “x” them off. Once you get 5 in a row, up and down or across, you get a BINGO!

Went on a thirty minute walk	Made one healthy meal together	Tried meditation for at least 5 minutes	Played outside for 15 minutes	Got enough sleep each night for a week
Went grocery shopping together and bought healthy foods	Had a dance party	Did not bring any electronics to bed	Tried one new healthy recipe together	Had ten minutes of down time after school or work without electronics
Tried making a smoothie	Played a sport or active game for 20 minutes	<b>Free space</b>	Did not use electronics 30-60 minutes before bed time	Did yoga for 15 minutes
Stretched our muscles every morning or night for a week	Went to bed at the same time every night of the week	Connected with a family member that we don't see often	Had 4 dinners together without electronic devices or having the TV on	Played a board game
Switched one sugary drink per day with a less sugary drink for one week	Limited screen time to two hours or less per day	Wrote down a health goal to work towards	Ate three meals per day, including at least one together as a family	Tried a new fruit or vegetable

