

Family Wellness Bingo

With one or more members of your family, complete as many of the activities as possible and “X” them off. Once you get 5 in a row, vertically or horizontally, you’ve got BINGO!

Went on a 30-minute walk	Made one healthy meal together	Identified one barrier to eating healthy and came up with a plan to address it	Created a list of physical activities you can do in the winter	Went to bed and woke up at around the same time for one week
Went to myplate.gov and tried one of their online tools	Had a dance party	Tried one new healthy recipe together	Kept all electronic devices in a different room while sleeping for a week	Had 10 minutes of downtime after school or work (that means no electronics)
Tried making a green smoothie	Played a sport or active game for 20 minutes	Free Space	Looked at four different nutrition facts labels on foods found at home.	Did yoga for 15 minutes
Stretched our muscles every morning or night for one week	Practiced a mindfulness activity	Connected with a family member that we don't see regularly	Had 4 dinners together without anyone using an electronic device or having the TV on	Played a board game
Replaced 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 an individual health goal to work towards	Ate three meals per day, including at least one that was together as a family	Tried a new fruit or vegetable

