

# Health BINGO

Print off 2 Health Bingo cards. Cut each activity out of one card, place activities in a hat or cup. Draw an activity, perform the activity, and try and get a BINGO throughout the week!

<p>Eat 2 cups of <b>FRUIT*</b></p> 	<p>Complete a task you have been putting off</p>	<p>Eat a Healthy Breakfast (3 food groups)</p>	<p>Try something <b>NEW</b></p> 	 <p>Drink 6-8oz glasses of water</p>
<p>Try a <b>NEW</b> Recipe</p>	<p>Replace negativity with <b>POSITIVITY</b></p>	<p>Eat 2 ½ cups of <b>VEGETABLES*</b></p> 	<p>Complete 1 household chore</p>	<p>Take a 1 mile walk</p> 
<p>Listen to your favorite song</p> 	 <p>Eat 6oz of <b>GRAINS*</b></p>	<p>Turn off TV and read a book</p>	<p>Get 7-9 hours of sleep</p> 	<p>Practice on your posture</p>
<p>5 ½ oz of <b>PROTEIN*</b></p> 	<p>Limit added <b>SUGARS</b> to 50g*</p>	<p>Chat with a friend</p> 	 <p>Spend 30 minutes outside</p>	 <p>Eat/ drink 3 servings <b>DAIRY*</b></p>
<p>Have 6 teaspoons of <b>FATS/OILS*</b></p> 	<p>DO SOMETHING NICE</p>	<p>Stretch or Yoga for 10-20 minutes</p>	<p><b>LOVE YOURSELF</b></p> 	<p>Take 10 deep breaths</p>

\*Based on a 2000 calorie meal plan

\*\*Go to [https://www.choosemyplate.gov/resources/MyPlatePlan/MyPlatePlan\\_2000cals\\_Age14plus](https://www.choosemyplate.gov/resources/MyPlatePlan/MyPlatePlan_2000cals_Age14plus) for serving sizes

**DISCLAIMER** - You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge HaysMed- The Center for Health Improvement from any and all claims or causes of action.