

# SELF-MANAGEMENT BINGO

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Made a healthy food choice	Took a walk or run	Limited my TV time	Rode my bike	Had a healthy snack
Participated in an organized sport or dance	Ate a serving of fruit	Found an online exercise video and completed it	Took a relaxing bath or shower	Got at least 8 hours of sleep
Did chores around the house	Took a moment to breathe deep	<b>FREE</b>	Made a healthy food choice	Had a good conversation with a friend
Limited my computer or video game time	Had a healthy dessert	Had a healthy snack	Ate a serving of vegetables	Ate a serving of fruit
Took a moment to breathe deep	Had a good conversation with a parent or guardian	Took a walk or run	Did something healthy that makes me happy	Took a moment to breathe deep

#FUTUREADY

