

## WHI Healthy Habits Bingo

**How to Play:** Mark off a square each time you complete a healthy habit. Try to complete a full row, column, or diagonal in one week. Or challenge yourself to fill the whole card! If you complete the whole Bingo card and want to receive a shout out during our next Participant Webinar, please email us at [info@whi.org](mailto:info@whi.org).

Ate a fruit or vegetable at every meal in one day	Took a walk (10+ minutes)	Practiced deep breathing or meditation	Read a WHI newsletter or watched a participant webinar	Drank 6-8 glasses of water
Stretched for 5+ minutes	Called or texted a friend	Took a break from screens	Tried a new healthy recipe	Got 7-9 hours of sleep
Wrote down 3 things you're grateful for	Did a puzzle or brain game	<b>ADD YOUR OWN GOAL</b> _____	Made a doctor's appointment or checked an online health portal	Ate a fiber rich food
Limited processed sugar for the day	Spent time outside	Did a balance or strength training activity	Listened to music that made you feel good	Read or listened to a book
Took medications and/or vitamins on time	Did something creative (craft, draw, journal, etc.)	Laughed or smiled today	Planned meals or snacks	Learned something new