

WELLBEING HABIT BINGO

drink 2L of water	have 5 fruits or vegetables	get morning sunlight	get 8 hours sleep	go for a walk
try a new recipe	practice mindful eating	limit screen time before bed	learn a new skill	stretch for 5 minutes
have a balanced breakfast	practice gratitude before bed	have a tech-free meal	choose wholegrains over refined grains	practice positive affirmations
choose a non-sugary snack	complete an outdoor activity	schedule self-care time	replace caffeine with a herbal tea	practice portion control
practice a new sleep hygiene behaviour	explore a new walking route	buy a new piece of clothing	try a new form of exercise	call a friend for a chat

Each time you complete a behaviour, cross it off your score card! Think about how could reward yourself for achieving a line or the board! Maybe you could buy yourself some flowers, a new gadget, or plan a day out to celebrate!