



Healthy Habits BINGO in the Fall

Complete as many activities as you can and return by _____

Enjoy fresh fruit	Prepare a healthy snack	Challenge your family to go screen-free for 24 hours	Enjoy fresh vegetables	Try a new fruit
Eat a meal with no screens	Limit screen time to 2 hours or less in one day	Find a fall fruit or vegetable recipe to try	Dance inside or outside	Enjoy cinnamon, apple oatmeal for breakfast
Try a new root vegetable	Collect at least 5 different kinds of leaves	FREE	Climb a tree	Take a hike
Take a walk and count how many trees have changed color	No recreational screens for a day	Rake leaves! For yourself, a family member, neighbor, or friend	Put fresh or frozen fruit in your water	Play outside for at least one hour
Get your heart rate up	Try a new healthy recipe	Count how many glasses of water you drink in one day	Go for a walk or bike ride	Go apple picking

