

## Spring Fling Bingo!

What is more fun than winning a game of bingo? Use the *Spring Fling Bingo* cards to turn healthy habits into a fun game. You can use healthy snacks such as dried fruit or nuts as markers to make it even more fun and healthy!

Spring Fling Bingo				
Go to bed 30 min. early 	No TV for 1 whole day 	1 serving of fruit 	1 serving of whole grains 	1 serving of vegetables 
30 minutes of exercise 	1 serving of vegetables 	30 minutes of exercise 	1 serving of fruit 	1 serving of whole grains 
1 serving of vegetables 	1 serving of whole grains 	<b>FREE SPACE</b>	30 minutes of exercise 	Go to bed 30 min. early 
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