



# Spring Break Bingo

Visit a  
state park

Go without  
soda four days  
in a row

Try a  
sheet pan  
recipe

Get 8 hours  
of sleep

Do an  
at-home  
workout

Go on a walk  
every day

Add fruit to  
your water

Drink ONLY  
water one  
day

Put your  
phone away  
one hour  
before bed

Eat breakfast  
together

Make a  
smoothie

Cook dinner  
at home



Try a  
new fruit

Walk one  
mile

Make a  
backyard  
picnic

Try a new  
workout

Wash your  
car

Draw with  
sidewalk  
chalk

Go a day  
without TV

Plant some  
flowers

Spend 3  
hours outside

Try a  
new veggie

Eat dinner  
outside

Journal  
before  
bed