

Healthy Habits Bonus



This month, challenge your family to win at Healthy Habits Bonus Bingo by practicing one of the healthy habits below each day. In addition, encourage completion of five bonus activities to try something new. The healthy habits can be completed in any order. Fill in the date after completion of the healthy habit or activity.

After the challenge ends, fill out the certificate page to indicate how many healthy habits were practiced during the month.

GOOD

| H | E | A | L | T | H |
|--|--|---|---|--|--|
| I ate whole wheat bread today rather than white. Date: _____ | Fruits and vegetables filled half my plate at least once today. Date: _____ | I exercised for 30 minutes today. Date: _____ | I walked at lunchtime or after dinner today. Date: _____ | I avoided fried foods today. Date: _____ | Bonus Activity: I tried a new way to exercise today. Date: _____ |
| I packed a healthy lunch today. Date: _____ | I did not drink alcohol today. Date: _____ | I avoided sugary drinks today. Date: _____ | I did not use tobacco today. Date: _____ | I climbed stairs today. Date: _____ | Bonus Activity: I made vegetables a new way today. (Ideas: roasted, steamed, sautéed) Date: _____ |
| I ate fruit or vegetables as a snack today. Date: _____ | I ate 3 servings of whole grains today. Date: _____ | I participated in the Healthy Habit Bonus Bingo challenge. Date: _____ | I exercised before work today. Date: _____ | I ate a healthy breakfast today. Date: _____ | Bonus Activity: I tried a new healthy recipe today. Date: _____ |
| I ate oatmeal or another healthy food for breakfast today. Date: _____ | I exercised after work today. Date: _____ | I had a healthy snack today (fruit, vegetables, or a handful of nuts). Date: _____ | I did not drink soda today. Date: _____ | I planned healthy meals today. Date: _____ | Bonus Activity: I tried a new aerobic activity today. Date: _____ |
| I walked or did another type of exercise with a friend today. Date: _____ | I made it a point to move more at work today. Date: _____ | I got seven to nine hours of sleep last night. Date: _____ | I ate a variety of vegetables today. Date: _____ | I ate lean protein today (lean meat, fish, poultry, beans). Date: _____ | Bonus Activity: I tried a new strength exercise today. Date: _____ |

Certificate Page

Check the boxes that apply:

- Completed at least one row or column of the Healthy Habits Bonus Bingo card.
- Completed four columns of the Healthy Habits Bonus Bingo card.
- Completed four columns of the Healthy Habits Bonus Bingo card and at least one bonus activity.

Name: _____

Date: _____

