

Food & Mood Bingo

 <p>READ A BOOK</p>	STAY HYDRATED	 <p>MOVE BODY</p>	LIMIT SCREEN TIME	CATCH UP WITH A FRIEND
TAKE A WALK OUTSIDE	 <p>EAT MORE FRUIT AND VEGGIES</p>	QUALITY TIME WITH FAMILY AND FRIENDS	 <p>MEDITATE</p>	LIMIT CAFFEINE
 <p>DO A PUZZLE</p>	SHOP AT A LOCAL FARMERS MARKET	 <p>FREE SPACE</p>	REMEMBER TO BREATHE	EAT REGULARLY THROUGHOUT THE DAY
COOK WITH FRIENDS OR FAMILY	 <p>START A HOBBY</p>	MEAL PREP	SHOP FOR PRODUCE AT LOCAL MARKET	STRETCH
 <p>COLOR OR DRAW</p>	OUTDOOR ACTIVITY	 <p>JOURNAL ONCE A WEEK</p>	SOCIAL MEDIA BREAK	EAT A BALANCED SNACK