



American Heart Association®

**KIDS  
HEART  
CHALLENGE™**

# HEART-HEALTHY BINGO

**TELL  
SOMEONE  
YOU LOVE  
THEM**

**FIND A  
HEART  
CHECK  
MARK**



**WALK  
OR BIKE  
RIDE**

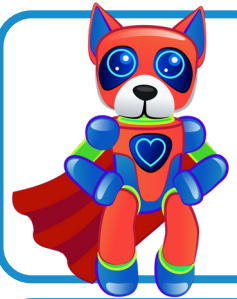
**PRACTICE  
MINDFUL-  
NESS**

**DRINK  
WATER**

**BE ACTIVE  
FOR 60  
MINUTES**

**SLEEP  
10-12  
HOURS A  
NIGHT**

**TRY A  
BREATHING  
EXERCISE**



**TAKE A  
WALK**



**FREE!**



**EAT A  
HEALTHY  
SNACK**

**FIND  
YOUR  
PULSE**

**HAVE A 5  
MINUTE  
DANCE  
PARTY**

**EAT YOUR  
FAVORITE  
VEGETABLE**



**CREATE A  
GOING  
TO BED  
ROUTINE**

**COMPLETE  
AN ACT OF  
KINDNESS**

**TRY A NEW  
VEGETABLE**

**EAT THREE  
DIFFERENT  
FRUITS**

**TRACK  
PHYSICAL  
ACTIVITY  
TODAY**

**EXPLAIN  
WHY  
SMOKING  
IS BAD**