



SUMMER BINGO

Brush Teeth Twice a Day for a Whole Week	Pack Your Own Healthy Lunch	Visit the Dentist this Summer	Eat a Fruit or Veggie With Each Meal for a Week	Drink Only Water for One Whole Day
Write a Thank You Note to Someone	Pick Out Your Backpack or School Supplies	Take a Selfie at the Pool and Tag Us!	Floss Twice a Day for a Week	Help Make Dinner With Your Family
Play Outside For At Least 30 Minutes	Read A Book or Visit the Library		Try a New Fruit or Veggie	Smile at 10 People in a Day
Get 8+ Hours of Sleep	Visit a Zoo or Aquarium	Take a 2 Hour Screen Break	Play an Outdoor Sport	Take a Nature Walk
Write Down Your Goals for the New School Year	No Soda for One Week	No Sticky Sweets or Candy for a Week	Share Something Kind With a Friend	Write a Nice Back To School Note for Your Teacher



To play Smile Strong Bingo, complete five squares in a row—across, down, or diagonally—to receive one entry into our giveaway. If you complete the entire board, you'll receive three entries into our giveaway. To enter, you can either bring your completed BINGO card to the office or take a photo of it and post it on social media, tagging us at @weidemandental. The contest runs through September 15th.

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