

**August Wellness Bingo**

**Rules & Play:**

* Once you complete an activity, cross off the square.
* To get a BINGO, you need five (5) squares in a horizontal, vertical, or diagonal line.
* One raffle entry for each BINGO you complete
* Up to 12 BINGO’s can be turned in (completing all 25 activities).
* Turn in the completed BINGO cards to HR by 9-2-22.
* Six winners will be randomly drawn at the end of the month each for a $50 gift card.
* The August Bingo Challenge will run from August 1 through August 31. All cards must be turned in by Sept 2.
* Only one square can be achieved at a time.



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| --- | --- | --- | --- | --- |
| Cook a new healthy recipe | Get your blood pressure taken | Exercise outside for 5 hours in a week | Do a random act of kindness for someone | Meditate for 5 minutes a day for a week |
| Exercise for 30 minutes today | Journal 5 things you are grateful for | Try a new exercise | Read a new book | Go for a bike ride |
| Try a new fruit **and** vegetable | Visit a park you have not been to | (Take a picture doing any wellness activity) | Go on a 2-mile hike | Visit a farmer’s market |
| Help a family member with a project | Stretch for 5 minutes a day for 1 week | Park in the back of the parking lot at the store | Get 8 hours of sleep 3 nights in one week | Declutter a space in your home |
| Get 15,000 steps in a day | Plan your meals for 1 week | Drink your recommended daily amount of water  M – 124 oz  F – 92 oz | Exercise you brain with a crossword puzzle, word search or Sudoku | Take a walk/bike/run with a friend or family member |

**B I N G O**

**By signing below, I certify that I have participated and fully completed the challenges and activities crossed out on this board.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| # of Bingo’s: | |  |  | |
| Signature: |  | |  |  |
| Name (Print): | |  | | |
| Date: | |  | | |