



Wellness Bingo Challenge

Turn off all technology 30 minutes prior to bedtime (lights out)	Stretch for 10+ minutes	Create a list of short term goals	Declutter your desk or workspace	Call or message someone just because
Journal 5 things you are grateful for	Increased water intake	Plan your dinners for the week ahead	Unsubscribe from unnecessary emails	Intentional movement of 10 minutes at a time or greater
Make the most epic and creative salad you can think of	Try a deep breathing exercise	Free Space	Eat a vegetable at every meal (Google for breakfast ideas!)	Turn off technology 30 minutes before bedtime (This includes TV in the bedroom!)
10,000 steps today	Pack/ Prepare your lunch in advance	8 hours of sleep	Complete a 5-10 minute stress relieving activity	Try a new recipe or share a healthy recipe with a friend.
No sweets/treats today. Use that willpower- you can do it for just one day, can't you?	Eat with no distractions (i.e., tv, cell phone, laptop)	Try a new fruit or vegetable	Don't hit the snooze button, maybe wake up 10 minutes early to do something for yourself?	Treat yourself to something you have been wanting

Complete any 5 activities in the Wellness Bingo Grid in any order. No need to actually stick to a diagonal or the same row or column – wellness is about being flexible too.