

Name:  
Building:



# Winter Wellness Bingo

*Sponsored by the Healthy Hounds*

**If you complete the challenge and submit your card, you will be in a drawing for an additional Personal Day or a Membership to Planet Fitness!**

Take a 20 minute walk	Eat 5 servings of veggies	Do an Act of Kindness	Do a workout on YouTube	Do 80 crunches
Do 20 lunges per leg	Take a walk before work	Do a 15 minute meditation	Do a 30 minute workout	Visit the Employee Assistance Website
Read the district Wellness Policy 246	Thank a coworker		Make a healthy lunch	Take 8,000 steps in one day
Drink 64 oz of water in a day	Do 50 squats during a break	Write a Thank You Note	Journal 5 things you are grateful for	Listen and dance to a favorite song
Take 10,000 steps in one day	Do 20 push-ups	Research and prepare a new healthy recipe	Read a book for pleasure	Do 20 minutes of strength training

## Bingo Directions:

- The challenge starts on January 27th and ends on February 2nd.
- Participate in the bingo by completing the activities in the shape of an L, X, +, T
- Return your completed Bingo Card to the box in your building's office by the end of the day on February 3rd.
- Grand Prize drawing will be at 8 a.m. on February 14th at the Unconference Kick-Off in the HS Auditorium
- Questions: email [healthyhounds@ship.k12.pa.us](mailto:healthyhounds@ship.k12.pa.us)