

Fall Wellness Week

Directions: Give every employee a bingo sheet. Each box contains a “challenge” to fulfill either that day or during the entire week. Cross off that box once the challenge is completed. Turn in your card at the end of the week to your Municipal Wellness Coordinator. Complete one row (up, down, across or diagonal) and be eligible to win a prize at the end of the challenge. Complete the entire card and you will be entered into a special drawing at the end of the year.

Name: _____ **Date:** _____

B I N G O				
<i>CHALLENGE</i>				
Ate 5 servings of vegetables and fruit today	Tried a new Fall healthy recipe	Participated in 30 minutes of physical activity 3 times this week	Wore my seat belt	Went for a walk (not work related)
Started at least 3 days with a healthy breakfast	Replaced a soda with water	Incorporated stretching before or after my shift	Drank 8 glasses of water today	Brown bagged my lunch
Ate a meatless meal	Practiced Deep Breathing to reduce stress	FREE SPACE	Spent time on a brain puzzle during my break	Ate 5 servings of vegetables and fruit today
Did not smoke today	Stretched before getting out of bed	Packed a healthy snack for work	Cut back on my sugar intake this week	Got at least 7 hours of sleep 3 nights this week
Meditated even if for a minute	Ate whole grain instead of white flour	Wrote in my journal	Did something nice for a co-worker	Did not have any alcohol this week