

October "Fall into Wellness" Bingo

Directions: Each box contains a fitness "challenge" to fulfill. Cross off that box once the challenge is completed. Note some are just for "today" others are multiple times in the week. Turn in your card at the end of the week to your 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. Have fun and think outside the box :-)



Name: _____ Date: _____

"Fall Into Wellness" Bingo

Be Kind To Yourself & Others

Practiced self compassion	Tried something new	Used positive self-talk	Showed compassion to someone else	Took a walk outside on my break
Wrote down 3-5 things I am grateful for	Did 30 minutes of physical activity	Took a social media break today	Played with my pet and/or kids	Laughed out loud
Did something nice for myself	Cooked a healthy meal	FREE SPACE Practice Self-Care!	Read a book	Found & shared an inspiring quote
Spent time with nature	Practiced mindfulness today	De-cluttered my space	Incorporated stretching today	Listened to my favorite music & relaxed (or danced!)
Packed my lunch at least 3 days this week	Paid it forward & it made me happy	Drank 6-8 glasses of water today	Got 7-8 hours of sleep	Worked on a hobby