

Spring 2022 Wellness Bingo (Card 1)

April 4 - April 29, 2022

Your Name: _____

Your Email: _____

Get 5 squares in a row (diagonal, horizontal or vertical) to complete a bingo. One bingo gets you 1 entry into a drawing for a prize. Get a "black out" (all 25 squares) bingo to earn 5 entries. Max of 5 entries per card.

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| Get 7-9 hours of sleep 5 days in a row | Do a 5 minute meditation 3 times in 1 week (alone or at a health center) | Accomplish a task you've been putting off | Go for a walk at lunch | Schedule your annual wellness exam |
| Write a 5 item gratitude list daily for 2 weeks | Call or visit 3 friends, family or neighbors to see how they are doing | Be "soda-free" for 5 days | Read an article or a book on Diversity, Equity and/or Inclusion | Participate in an EXCEL@CC class (URL below) |
| Exercise 3 times in a week for 2 weeks | No complaining for 1 day | FREE Complete an Activity of your choice | Tell 3 people how much you appreciate them and why | Write a "Thank you" note to 3 people |
| Help someone before they ask | Watch a TIAA webinar on a financial wellness topic (URL below) | Stretch for 15 minutes 3 times per week for 2 weeks | Write down 5 goals you want to achieve | Substitute fries for a healthier side |
| Be "sweets-free" for 3 days | Make a healthy lunch | Eat a healthy breakfast for 1 week | Write out 3 fears and how you can overcome each | Have lunch with a friend |

EXCEL@CC: <https://www.coloradocollege.edu/offices/humanresources/excel-cc/programs/>

TIAA Webinars: [TIAA.org/webinars](https://www.tiaa.org/webinars)