

Spring 2022 Wellness Bingo (Card 2)

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.

Download the Headspace App and use 1 feature (URL below)	Complete 5 random acts of kindness	Drink 6 (8 oz) glasses of water for 5 days	Take a 1 mile walk (treadmill or outdoors)	Floss your teeth at least 5 days in a row for 1 week
Go for a 20 minute walk 3 days this week	Write down at least 10 things you like about yourself	Find something that makes you LOL and share with a co-worker	Take a 15 minute break alone	Deskercise: Stand, take 7 deep breaths, stretch or walk for 3 minutes two times today
Journal for 15 minutes	Mail a letter or card to 3 people you care about	FREE Complete an Activity of your choice	For 1 day, get up from your work area every hour and stretch	Give up sugar 2 days in a row
Eat fruit or veggies for a snack 3 times this week	Do 10 push-ups a day for 1 week	Bring in a healthy snack to share with your team	Tell 5 people why they are awesome!	Use only stairs for 3 days this week
Practice low or no spending for 1 weekend	Have a 5 minute dance party	Complete a 30 minute exercise workout of your choice at least 3 times	Write down 10 things you're grateful for	Go through your closet and donate what you don't want anymore to charity

Headspace: <https://work.headspace.com/coloradocollege-staff/member-enroll>