



Fitness Bingo

Walked on Lunch Break	Stretched	Drank 8 glasses of water	Had 3 servings of fruits and vegetables	Did a random act of kindness
Meditated	Called a friend or family member	Went on a bike ride	Ate a healthy lunch	Read an article about health and fitness
Read a non-work-related book	Participated in a sport	Free	Took a 30-minute walk	Attended a group fitness class
Spent 10-30 minutes outdoors	Did a yoga video or class	Walked with a friend	Did 10 minutes of core strength	Went swimming
Cooked a healthy dinner	Spent time in nature	Got 8 hours of sleep	Journalled	Ran or walked a 5k

