

MINDFUL WALK BINGO

listen to a podcast during walk	10 000 steps	Notice 2 orange things you see	Notice where your mind is right now.	Notice the depth of your breath right now.
7 000 steps	drink 4 glasses of water	Notice three people out walking.	12 000 steps	What is the emotion you feel right now?
walk during commercials	30 minute walk	FREE	Notice 4 things you hear	Notice one dog.
Take three deep breaths	Notice the breeze on your face	Notice two things you smell	Notice 3 different types of trees	Notice the different textures of the path.
5 000 steps	Spread a little sunshine	8500 steps	walk with family	How did you come back after walk?

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walk during commercials	walk with family	12 000 steps	Notice the breeze on your face	7 000 steps
Notice where your mind is right now.	Notice one dog.	Notice 2 orange things you see	Notice the different textures of the path.	30 minute walk
Notice 4 things you hear	10 000 steps	FREE	Notice 3 different types of trees	Notice two things you smell
How did you come back after walk?	listen to a podcast during walk	8500 steps	Take three deep breaths	5 000 steps
Notice the depth of your breath right now.	Notice 4 birds.	What is the emotion you feel right now?	Notice three people out walking.	drink 4 glasses of water

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Take three deep breaths	Notice 3 different types of trees	walk during commercials	How did you come back after walk?	Notice where your mind is right now.
Spread a little sunshine	What is the emotion you feel right now?	walk with family	Notice the breeze on your face	30 minute walk
Notice two things you smell	12 000 steps	FREE	Notice 4 things you hear	Notice 2 orange things you see
Notice 4 birds.	Notice the depth of your breath right now.	5 000 steps	10 000 steps	listen to a podcast during walk
drink 4 glasses of water	Notice three people out walking.	Notice one dog.	Notice the different textures of the path.	8500 steps