MINDFUL WALK BINGO

sing a song	10 000 steps	8500 steps	enjoy a moment with friends	Notice where your mind is right now.
5 000 steps	notice the clouds in the sky	Spread a little sunshine	12 000 steps	drink 4 glasses of water
look for a cardinal	sit mindfully for 10 minutes	**FREE**	30 minute walk	Notice one cat
Notice the breeze on your face	look at the sunset	Notice two things you smell	Laugh	Savor your meal
Dance in the kitchen	30 minutes -Treadmill/elliptical	Take three deep breaths	walk around your house for 10 min	7 000 steps

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MINDFUL WALK BINGO

sit mindfully for 10 minutes	12 000 steps	enjoy a moment with friends	5 000 steps	Spread a little sunshine
8500 steps	walk around your house for 10 min	Notice where your mind is right now.	30 minutes -Treadmill/elliptical	drink 4 glasses of water
Notice the breeze on your face	30 minute walk	**FREE**	Notice one cat	10 000 steps
Laugh	Take three deep breaths	sing a song	7 000 steps	look at the sunset
Notice two things you smell	Savor your meal	look for a cardinal	notice the clouds in the sky	Dance in the kitchen

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MINDFUL WALK BINGO

30 minutes -Treadmill/elliptical	Take three deep breaths	12 000 steps	Savor your meal	30 minute walk
sing a song	Notice the breeze on your face	Notice two things you smell	notice the clouds in the sky	Notice where your mind is right now.
look for a cardinal	7 000 steps	**FREE**	look at the sunset	Laugh
sit mindfully for 10 minutes	drink 4 glasses of water	enjoy a moment with friends	walk around your house for 10 min	8500 steps
Notice one cat	10 000 steps	Spread a little sunshine	5 000 steps	Dance in the kitchen

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