

MINDFUL WALK BINGO

notice the clouds in the sky	10 000 steps	8500 steps	Text your mom	Savor your meal
5 000 steps	Yoga	Share a song with someone	12 000 steps	Smile at a stranger
Watch your favorite show	walk around your house for 10 min	FREE	30 minute walk	Eat Some Fruit
Eat YOur Favorite Treat	Watch the Sunset	Get rid of 10 things	Drink 24 oz of water	Send a positive text to someone
Close your eyes and breath	30 minutes -Treadmill/elliptical	Sing in your Car	walk your dog	7 000 steps

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8500 steps	walk your dog	Savor your meal	30 minutes -Treadmill/elliptical	Smile at a stranger
Eat YOur Favorite Treat	30 minute walk	FREE	Eat Some Fruit	10 000 steps
Drink 24 oz of water	Sing in your Car	notice the clouds in the sky	7 000 steps	Watch the Sunset
Get rid of 10 things	Send a positive text to someone	Watch your favorite show	Yoga	Close your eyes and breath

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walk around your house for 10 min	Smile at a stranger	Text your mom	walk your dog	8500 steps
Eat Some Fruit	10 000 steps	Share a song with someone	5 000 steps	Close your eyes and breath