

B	I	N	G	O
Walk a different route than you usually do	10 000 steps in a day	Find an insect	Spot a squirrel	Listen to music while walking
Find a dandelion	Talk a walk during your lunch break	Spot a blue house	10 000 steps in a day	Take a quiet walk - no music no podcast no conversation
Call a friend or loved one while on a 15-minute walk	Go on a walk with a coworker friend or family member	Go on two walks in a single day	Take a 20-minute walk	Listen to a podcast while walking
Spot a shape in the clouds while on your walk	Find kids playing outside while on your walk	Park in the furthest spot away from the store or office	Find animal tracks	Do 10 lunges during your walk
Drink 16oz of water while on your walk	Say hello to someone while on your walk	Find a house with a yard sign out front	Spot a garden on your walk	Walk during sunrise or sunset

B	I	N	G	O
Stretch for 5 minutes before your walk	Spot a shape in the clouds while on your walk	Spot a blue house	Take a 20-minute walk	Do 10 lunges during your walk
Drink 16oz of water while on your walk	Spot a garden on your walk	Park in the furthest spot away from the store or office	Find a dandelion	Say hello to someone while on your walk
10 000 steps in a day	Go on a walk with a coworker friend or family member	10 000 steps in a day	Listen to music while walking	Walk a different route than you usually do
Walk to the store instead of driving	Walk during sunrise or sunset	Find a house with a yard sign out front	Call a friend or loved one while on a 15-minute walk	Spot a squirrel
Find a pretty flower	Go on two walks in a single day	Find an insect	Find kids playing outside while on your walk	Walk 5 days in a row

B	I	N	G	O
Find a house with a yard sign out front	Take a 20-minute walk	Listen to a podcast while walking	Spot a squirrel	10 000 steps in a day
Walk during sunrise or sunset	Find an insect	Drink 16oz of water while on your walk	Park in the furthest spot away from the store or office	Go on two walks in a single day
Find something in nature that is yellow	Walk a different route than you usually do	Call a friend or loved one while on a 15-minute walk	Take a quiet walk - no music no podcast no conversation	10 000 steps in a day
Do 10 lunges during your walk	Find a pretty flower	Talk a walk during your lunch break	Go on a walk with a coworker friend or family member	Listen to music while walking
Spot a shape in the clouds while on your walk	Find a dandelion	Find animal tracks	Spot a garden on your walk	Say hello to someone while on your walk