

|                                        |                                              |                                                         |                                                         |                                                      |
|----------------------------------------|----------------------------------------------|---------------------------------------------------------|---------------------------------------------------------|------------------------------------------------------|
| <b>B</b>                               | <b>I</b>                                     | <b>N</b>                                                | <b>G</b>                                                | <b>O</b>                                             |
| Walk 5 days in a row                   | 10 000 steps in a day                        | 10 000 steps in a day                                   | Find a twig that looks like a "Y"                       | Spot a rabbit                                        |
| Jog in place for 30 seconds            | Find a fallen branch                         | Take a quiet walk - no music no podcast no conversation | Park in the furthest spot away from the store or office | Call a friend or loved one while on a 15-minute walk |
| Spot a garden on your walk             | Take a 20-minute walk                        | Walk a different route than you usually do              | Do 10 lunges during your walk                           | Find three different types of flowers on your walk   |
| Find a dog while on your walk          | Go on a power walk                           | Spot a squirrel                                         | Go on a walk with a coworker friend or family member    | Spot a blue house                                    |
| Stretch for 5 minutes before your walk | Find kids playing outside while on your walk | Find animal tracks                                      | Listen to a podcast while walking                       | Drink 16oz of water while on your walk               |

| <b>B</b>                                             | <b>I</b>                                   | <b>N</b>                                           | <b>G</b>                        | <b>O</b>                                                |
|------------------------------------------------------|--------------------------------------------|----------------------------------------------------|---------------------------------|---------------------------------------------------------|
| Find a dandelion                                     | Listen to music while walking              | Jog in place for 30 seconds                        | Go on two walks in a single day | Do 10 lunges during your walk                           |
| Take a 20-minute walk                                | Spot a rabbit                              | Find three different types of flowers on your walk | Go for a walk in a nearby park  | Take a quiet walk - no music no podcast no conversation |
| Call a friend or loved one while on a 15-minute walk | Walk a different route than you usually do | 10 000 steps in a day                              | Go on a power walk              | Find a fallen branch                                    |
| Find an insect                                       | Say hello to someone while on your walk    | Spot a shape in the clouds while on your walk      | Spot a garden on your walk      | Park in the furthest spot away from the store or office |
| Spot a squirrel                                      | Drink 16oz of water while on your walk     | Find a dog while on your walk                      | Spot a blue house               | Listen to a podcast while walking                       |

| <b>B</b>                          | <b>I</b>                                   | <b>N</b>                                           | <b>G</b>                                             | <b>O</b>                                                |
|-----------------------------------|--------------------------------------------|----------------------------------------------------|------------------------------------------------------|---------------------------------------------------------|
| Listen to a podcast while walking | 10 000 steps in a day                      | Find three different types of flowers on your walk | 10 000 steps in a day                                | Go on two walks in a single day                         |
| Find a fallen branch              | Listen to music while walking              | Walk 5 days in a row                               | Drink 16oz of water while on your walk               | Walk to the store instead of driving                    |
| Walk during sunrise or sunset     | Find a house with a yard sign out front    | Do 10 lunges during your walk                      | Spot a rabbit                                        | Park in the furthest spot away from the store or office |
| Find a pretty flower              | Walk a different route than you usually do | Find a dog while on your walk                      | Call a friend or loved one while on a 15-minute walk | Spot a garden on your walk                              |
| Go for a walk in a nearby park    | Find a twig that looks like a "Y"          | Find animal tracks                                 | Spot a blue house                                    | Talk a walk during your lunch break                     |