

B	I	N	G	O
Walk a different route than you usually do	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 dog while on your walk	Talk a walk during your lunch break	Park in the furthest spot away from the store or office	Call a friend or loved one while on a 15-minute walk
Take a 20-minute walk	Walk around the house or jog in place during every TV commercial	Do 10 lunges during your walk	Find three different types of flowers on your walk	Take a quiet walk - no music no podcast no conversation
Go on a power walk	Spot a squirrel	Go on a walk with a coworker friend or family member	Spot a blue house	Spot a garden on your walk
Find kids playing outside while on your walk	Find animal tracks	Listen to a podcast while walking	Find an insect	Do more steps today than yesterday

B	I	N	G	O
Drink 16oz of water while on your walk	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 quiet walk - no music no podcast no conversation	Spot a shape in the clouds while on your walk	Find three different types of flowers on your walk	Do more steps today than yesterday	Go for a walk in a nearby park
Talk a walk during your lunch break	Call a friend or loved one while on a 15-minute walk	Walk around the house or jog in place during every TV commercial	10 000 steps in a day	Park in the furthest spot away from the store or office
Spot a rabbit	Listen to a podcast while walking	Go on a power walk	Find a fallen branch	Find a twig that looks like a "Y"
Spot a blue house	Spot a garden on your walk	Say hello to someone while on your walk	Stretch for 5 minutes before your walk	Find a dandelion

B	I	N	G	O
Spot a blue house	Jog in place for 30 seconds	Find a dog while on your walk	Spot a garden on your walk	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	Listen to music while walking
Walk a different route than you usually do	Drink 16oz of water while on your walk	Walk to the store instead of driving	Walk during sunrise or sunset	Find a fallen branch
Do 10 lunges during your walk	Spot a shape in the clouds while on your walk	Park in the furthest spot away from the store or office	Find a pretty flower	Walk around the house or jog in place during every TV commercial
Find a dandelion	Call a friend or loved one while on a 15-minute walk	Spot a rabbit	Go for a walk in a nearby park	Find a twig that looks like a "Y"