

B	I	N	G	O
Walk a different route than you usually do	10 000 steps in a day	Find animal tracks	Spot a squirrel	Listen to music while walking
Find a house with a yard sign out front	Take a walk during your lunch break	Spot a blue house	Call a friend or loved one while on a 15-minute walk	Take a quiet walk - no music no podcast no conversation
Do 10 lunges during your walk	Go on two walks in a single day	Identify 3 different types of trees while on your walk	Take a 20-minute walk	Listen to a podcast while walking
Spot a shape in the clouds while on your walk	Find something in nature that is red	Park in the furthest spot away from the store or office all day	Find kids playing outside while on your walk	Drink 16oz of water while on your walk
Find a dandelion	Say hello to someone while on your walk	Find a pretty flower	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	Drink 16oz of water while on your walk
Find a dandelion	Spot a garden on your walk	Park in the furthest spot away from the store or office all day	Find a house with a yard sign out front	Say hello to someone while on your walk
Call a friend or loved one while on a 15-minute walk	Go on two walks in a single day	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 pretty flower	Do 10 lunges during your walk	Spot a squirrel
Find an insect	Identify 3 different types of trees while on your walk	Find animal tracks	Find something in nature that is red	Walk 5 days in a row

B	I	N	G	O
Find a pretty flower	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 animal tracks	Find a dandelion	Park in the furthest spot away from the store or office all day	Identify 3 different types of trees while on your walk
Go on a walk with a coworker friend or family member	Walk a different route than you usually do	Do 10 lunges during your walk	Take a quiet walk - no music no podcast no conversation	Call a friend or loved one while on a 15-minute walk
Drink 16oz of water while on your walk	Find an insect	Take a walk during your lunch break	Go on two walks in a single day	Listen to music while walking
Spot a shape in the clouds while on your walk	Find a house with a yard sign out front	Find kids playing outside while on your walk	Spot a garden on your walk	Say hello to someone while on your walk