

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

B	I	N	G	O
Identify 3 different types of trees while on your walk	Drink 16oz of water while on your walk	Listen to a podcast while walking	Walk 5 days in a row	Call a friend or loved one while on a 15-minute walk
Walk a different route than you usually do	Spot a garden on your walk	Stretch for 5 minutes before your walk	Say hello to someone while on your walk	Do 10 lunges during your walk
Spot a blue house	Think about 5 things you are thankful for while on your walk	Find a pretty flower	Find kids playing outside while on your walk	Spot a shape in the clouds while on your walk
Walk during sunrise or sunset	Take a 20-minute walk	Take a quiet walk - no music no podcast no conversation	Find a house with a yard sign out front	Spot a squirrel
10 000 steps in a day	Park in the furthest spot away from the store or office all day	Walk 5000 steps in a day	Find a dandelion	Walk to the store instead of driving

B	I	N	G	O
Walk during sunrise or sunset	Find a pretty flower	Do 10 lunges during your walk	Take a 20-minute walk	Spot a garden on your walk
Find animal tracks	Walk to the store instead of driving	Call a friend or loved one while on a 15-minute walk	Walk a different route than you usually do	Park in the furthest spot away from the store or office all day
Find a house with a yard sign out front	Stretch for 5 minutes before your walk	Listen to a podcast while walking	Find kids playing outside while on your walk	Spot a blue house
Identify 3 different types of trees while on your walk	Find something in nature that is red	Spot a squirrel	Walk 5000 steps in a day	Find an insect
Take a quiet walk - no music no podcast no conversation	Listen to music while walking	10 000 steps in a day	Find a dandelion	Say hello to someone while on your walk