

B	I	N	G	O
Walk 5000 steps in a day	Call a friend or loved one while on a 15-minute walk	10 000 steps in a day	Find animal tracks	Stretch for 5 minutes before your walk
Park in the furthest spot away from the store or office all day	Find a house with a yard sign out front	Walk 5 days in a row	Spot a garden on your walk	Do 10 lunges during your walk
Spot a squirrel	Take a walk during your lunch break	Walk a different route than you usually do	Drink 16oz of water while on your walk	Spot a blue house
Identify 3 different types of trees while on your walk	Think about 5 things you are thankful for while on your walk	Listen to a podcast while walking	Take a quiet walk - no music no podcast no conversation	Listen to music while walking
Spot a shape in the clouds while on your walk	Go on a walk with a coworker friend or family member	Find something in nature that is red	Spot a bird house or bird feeder	Find kids playing outside while on your walk

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

B	I	N	G	O
Park in the furthest spot away from the store or office all day	Find a house with a yard sign out front	Spot a bird house or bird feeder	Walk 5000 steps in a day	Find a dandelion
Walk to the store instead of driving	Walk during sunrise or sunset	Find a pretty flower	Do 10 lunges during your walk	Stretch for 5 minutes before your walk
Spot a blue house	Find an insect	Call a friend or loved one while on a 15-minute walk	Walk a different route than you usually do	Find a fallen branch
Spot a squirrel	Listen to a podcast while walking	Find animal tracks	Drink 16oz of water while on your walk	Go on two walks in a single day
Find something in nature that is red	Spot a shape in the clouds while on your walk	Take a quiet walk - no music no podcast no conversation	10 000 steps in a day	Say hello to someone while on your walk