B	I	N	G	O
Walk to Trash Bin Furthest From Your Desk	10 Jumping Jacks	5 Laps in Event Hall During Lunch Break	Spend Break Walking Outside for 5 Minutes	Knocking on Heaven's Door for 5 Minutes
25 Jumping Jacks	Walk to Refill Water Bottle All Week	Park Further From Entrance All Week	10 Squats	Skip To The Printer
Walk Around Building 2 Times	Wrist Stretches (10 second hold per side)	**FREE**	20 Bicep Curls	8 Shoulder Circles (Forward and Backward)
Do a 5 Minute Office Movement Video on YouTube	Walk & Talk Meeting in Event Hall	Eat Lunch Away From Desk All Week	60 second Wall Sit	Lunge Width of Hall During Lunch Break
5 Minutes of Stretching at Desk	20 Desk Pushups	Seated Neck Stretches (Hold 10 seconds per side)	Yoga at Home	30 second Wall Sit

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B	I	N	G	O
Wrist Stretches (10 second hold per side)	10 Squats	Spend Break Walking Outside for 5 Minutes	25 Jumping Jacks	Park Further From Entrance All Week
5 Laps in Event Hall During Lunch Break	Yoga at Home	Knocking on Heaven's Door for 5 Minutes	20 Desk Pushups	Skip To The Printer
Do a 5 Minute Office Movement Video on YouTube	20 Bicep Curls	**FREE**	8 Shoulder Circles (Forward and Backward)	10 Jumping Jacks
60 second Wall Sit	Seated Neck Stretches (Hold 10 seconds per side)	Walk to Trash Bin Furthest From Your Desk	30 second Wall Sit	Walk & Talk Meeting in Event Hall
Eat Lunch Away From Desk All Week	Lunge Width of Hall During Lunch Break	Walk Around Building 2 Times	Walk to Refill Water Bottle All Week	5 Minutes of Stretching at Desk

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B	I	N	G	O
20 Desk Pushups	Seated Neck Stretches (Hold 10 seconds per side)	10 Squats	Lunge Width of Hall During Lunch Break	20 Bicep Curls
Walk to Trash Bin Furthest From Your Desk	Do a 5 Minute Office Movement Video on YouTube	Eat Lunch Away From Desk All Week	Walk to Refill Water Bottle All Week	Knocking on Heaven's Door for 5 Minutes
Walk Around Building 2 Times	30 second Wall Sit	**FREE**	Walk & Talk Meeting in Event Hall	60 second Wall Sit
Wrist Stretches (10 second hold per side)	Skip To The Printer	Spend Break Walking Outside for 5 Minutes	Yoga at Home	5 Laps in Event Hall During Lunch Break
8 Shoulder Circles (Forward and Backward)	10 Jumping Jacks	Park Further From Entrance All Week	25 Jumping Jacks	5 Minutes of Stretching at Desk

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