

B	I	N	G	O
Vegan Day	10-10 minute meditations	Give a coworker a shoutout during a meeting	Send a positive text to 5 coworkers	No Screens for 2 Hours
6 hour digital detox	Take a 20 minute nature walk	Pause work for 5 minutes of box breathing	15 burpees	Take 5-20 minute lunch walks
20 minute yoga workout	Leave a positive sticky note on a coworkers desk	Leave a positive sticky note on a coworkers desk	Start day with 2 accomplishable goals	Log 40 miles for month
Read 10 hours total	Invite a coworker for a lunch walk	No negative self-talk for 5 hours	Give genuine compliment to 5 coworkers	25 days of gratitude journaling
30 min HIIT video	Offer to help a coworker	Complete Bring sally up video	Perform 10 random acts of kindness	Wall sit for 6 minutes

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Set your monthly mental well-being goal	Read 10 hours total	Pause work for 5 minutes of box breathing	Start day with 2 accomplishable goals	25 days of gratitude journaling
30 min HIIT video	Perform 10 random acts of kindness	No negative self-talk for 5 hours	6 hour digital detox	Offer to help a coworker
15 burpees	Leave a positive sticky note on a coworkers desk	10-10 minute meditations	No Screens for 2 Hours	Vegan Day
Write 2 heartfelt thank yous to coworkers	Wall sit for 6 minutes	Complete Bring sally up video	20 minute yoga workout	Send a positive text to 5 coworkers
Fast from sugar for 7 days	Leave a positive sticky note on a coworkers desk	Give a coworker a shoutout during a meeting	Invite a coworker for a lunch walk	Take a 20 minute walk with a friend

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Complete Bring sally up video	Start day with 2 accomplishable goals	Log 40 miles for month	Send a positive text to 5 coworkers	10-10 minute meditations
Wall sit for 6 minutes	Give a coworker a shoutout during a meeting	30 min HIIT video	No negative self-talk for 5 hours	Leave a positive sticky note on a coworkers desk
Lead a 5 minute stretch during a meeting	Vegan Day	20 minute yoga workout	Take 5-20 minute lunch walks	15 burpees
25 days of gratitude journaling	Fast from sugar for 7 days	Take a 20 minute nature walk	Leave a positive sticky note on a coworkers desk	No Screens for 2 Hours
Read 10 hours total	6 hour digital detox	Give genuine compliment to 5 coworkers	Perform 10 random acts of kindness	Offer to help a coworker