

B	I	N	G	O
Walk a different route than you usually do	Drink water while on your walk	Do 10 lunges during your walk	Go on a power walk	Spot a squirrel
Say hello to someone while on your walk	Find animal tracks	Talk a walk during your lunch break	Spot a garden on your walk	Take a quiet walk - no music no podcast no conversation
Find a fallen branch	Listen to a podcast while walking	Find an insect	Listen to music while walking	Stretch for 5 minutes before your walk
Park in the furthest spot away from the store or office	Spot a shape in the clouds while on your walk	Take a 20-minute walk	Go on two walks in a single day	Go on a walk with a coworker friend or family member
Share a joke with someone	Find a twig that looks like a "Y"	Spot a blue house	Find a dog while on your walk	Spot kids playing

B	I	N	G	O
Listen to a podcast while walking	Find a fallen branch	Listen to music while walking	Talk a walk during your lunch break	Drink water while on your walk
Walk a different route than you usually do	Spot a garden on your walk	Spot a squirrel	Share a joke with someone	Find a dog while on your walk
Spot a blue house	Take a quiet walk - no music no podcast no conversation	Find animal tracks	Go on a power walk	Spot a rabbit
Walk during sunrise or sunset	Spot kids playing	Stretch for 5 minutes before your walk	Find an insect	Spot a shape in the clouds while on your walk
Do 10 lunges during your walk	Say hello to someone while on your walk	Walk 5 days in a row	Find a twig that looks like a "Y"	Walk to the store instead of driving

B	I	N	G	O
Walk during sunrise or sunset	Find animal tracks	Find a dog while on your walk	Spot kids playing	Spot a garden on your walk
Find three different types of flowers on your walk	Walk to the store instead of driving	Drink water while on your walk	Walk a different route than you usually do	Say hello to someone while on your walk
Find an insect	Spot a squirrel	Listen to music while walking	Go on a power walk	Spot a blue house
Listen to a podcast while walking	Go on a walk with a coworker friend or family member	Spot a shape in the clouds while on your walk	Walk 5 days in a row	Find something in nature that is yellow
Stretch for 5 minutes before your walk	Park in the furthest spot away from the store or office	Do 10 lunges during your walk	Find a twig that looks like a "Y"	Share a joke with someone