

B	I	N	G	O
Workout	Count to 10	Help a friend	Take a walk	Play a sport
Exercise	Wood Working	Read	Cycling	Take a Jog
Watch TV	Write in a journal	FREE	Deep breathing	Meditate
Meditate	Talk to coworkers	New Hobby	Listen to music	Play cards
Hiking	Drawing	Stretch	Yoga	Go outside

B	I	N	G	O
Write in a journal	Cycling	Take a walk	Exercise	Read
Help a friend	Yoga	Play a sport	Drawing	Take a Jog
Meditate	Deep breathing	FREE	Meditate	Count to 10
Listen to music	Stretch	Workout	Go outside	Talk to coworkers
New Hobby	Play cards	Watch TV	Wood Working	Hiking

B	I	N	G	O
Drawing	Stretch	Cycling	Play cards	Deep breathing
Workout	Meditate	New Hobby	Wood Working	Play a sport
Watch TV	Go outside	FREE	Talk to coworkers	Listen to music
Write in a journal	Take a Jog	Take a walk	Yoga	Help a friend
Meditate	Count to 10	Read	Exercise	Hiking