

B	I	N	G	O
dinner with family	12 000 steps in a day	Compete in a workweek challenge	Take part in a Weekend Warrior challenge on Fitbit	Go for a walk after
Check in on	Win a daily showdown on Fitbit	Instagram showing your activity	15 000 steps in a day	Share a healthy recipe with the group
Walk to Target and back	friends or neighbors	FREE	20 000 steps in a day	Free
Beat your daily step goal by 3000	Get at least 7 hours of sleep for 3 days	Take the stairs not the elevator/ escalator	Go for 2 mini walks today	Use the treadmill walkstations
Do 30 minutes of cardio before work	Hold a walking meeting	Create a walking route downtown to share	8 000 steps by 2:00pm today	Park in one of the last spots in the lot

B	I	N	G	O
friends or neighbors	Take the stairs not the elevator/escalator	Share a healthy recipe with the group	Park in one of the last spots in the lot	Use the treadmill walkstations
20 000 steps in a day	Beat your daily step goal by 3000	Go for a walk after	Check in on	Hold a walking meeting
15 000 steps in a day	Do a lap around the office every hour for a day	FREE	12 000 steps in a day	Go for 2 mini walks today
dinner with family	8 000 steps by 2:00pm today	win a workweek challenge on Fitbit	Take part in a Weekend Warrior challenge on Fitbit	Instagram showing your activity
Compete in a workweek challenge	Free	Get at least 7 hours of sleep for 3 days	Do 30 minutes of cardio before work	Win a daily showdown on Fitbit

B	I	N	G	O
Check in on	Use the treadmill walkstations	Get at least 7 hours of sleep for 3 days	Take part in a Weekend Warrior challenge on Fitbit	12 000 steps in a day
friends or neighbors	Share a healthy recipe with the group	Compete in a workweek challenge	Beat your daily step goal by 3000	Hold a walking meeting
Free	Do a lap around the office every hour for a day	FREE	20 000 steps in a day	15 000 steps in a day
8 000 steps by 2:00pm today	Walk to Target and back	Go for a walk after	Create a walking route downtown to share	Park in one of the last spots in the lot
Win a daily showdown on Fitbit	dinner with family	Go for 2 mini walks today	Do 30 minutes of cardio before work	Come up with a healthy idea to implement at Outsell