

B	I	N	G	O
Walk 3 laps around the outside of PJMS during the day	Clean and organize one area of your home or work space	Eat nothing processed for 3 days	Spend 30 min relaxing along or with a friend	Go to bed 1/2 hour earlier 3 days in a row
Download & explore the Go 365 app	Try an activity you have never done before - ask a coworker to help you!	Play a card game or board game with someone	Do a Random Act of Kindness for a coworker	Preplan/prepack lunches for 3 days in a row
Try a new veggie or veggie dish/recipe	Write a list of things you are thankful for each day for a week	FREE	Do not look at your phone for an entire evening	Go for a 30 min walk outside
Go for a 5K (3.1mile) walk run or ski	Treat yourself to something you love	Go out of your way to help someone at home	Get out of bed 30 min early 2 times in one week	Hike the Butte
Eat nothing with sugar in the top 3 ingredients for 3 days	Don't do anything work related past 5pm for one day	Prepare a new healthy recipe	Write an email a letter or call an old friend to catch up	Drink 1/2 your body weight in ounces for 3 days straight

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