B	I	N	G	O
Try an activity you have never done before - ask a coworker to join you!	Clean and organize one area of your home or work space	Drink 1/2 your body weight in ounces of water for 3 days in a row	Preplan/prepack lunches for 3 days in a row	Go out of your way to help someone at home
Don't do anything work related past 5pm for 3 days in one week	Try a NEW veggie dish or recipe	Hike the Butte	Connect with an old friend/relative you haven't talked to in more than 6 months	Prepare a NEW healthy recipe
Treat yourself to something you love	Walk 3 times around the outside of PJMS during the work day.	**FREE**	Do a Random Act of Kindness for a coworker	Get out of bed 30 min early 3 times in one week
Go for a 30 min walk outside	Spend 30 min relaxing with no electronics or tv - alone or with a friend/family member	Go for a 5K (3.1 mile) walk run hike or ski	Eat nothing with sugar in the top 3 ingredients for 5 days	Go to bed 1/2 hour earlier 3 days in a row
Eat nothing processed (from a package) for 3 days	Do not look at your phone for an entire evening	Play a card game or board game with someone	Write a list of things you are thankful for each day for a week	Download and explore the GO365 app

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B	I	N	G	O
Walk 3 times around the outside of PJMS during the work day.	Connect with an old friend/relative you haven't talked to in more than 6 months	Preplan/prepack lunches for 3 days in a row	Don't do anything work related past 5pm for 3 days in one week	Hike the Butte
Drink 1/2 your body weight in ounces of water for 3 days in a row	Write a list of things you are thankful for each day for a week	Go out of your way to help someone at home	Do not look at your phone for an entire evening	Prepare a NEW healthy recipe
Go for a 30 min walk outside	Do a Random Act of Kindness for a coworker	**FREE**	Get out of bed 30 min early 3 times in one week	Clean and organize one area of your home or work space
Eat nothing with sugar in the top 3 ingredients for 5 days	Play a card game or board game with someone	Try an activity you have never done before - ask a coworker to join you!	Download and explore the GO365 app	Spend 30 min relaxing with no electronics or tv - alone or with a friend/family member
Go for a 5K (3.1 mile) walk run hike or ski	Go to bed 1/2 hour earlier 3 days in a row	Treat yourself to something you love	Try a NEW veggie dish or recipe	Eat nothing processed (from a package) for 3 days

Custom Bingo Card #2 of 3

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B	I	N	G	O
Do not look at your phone for an entire evening	Play a card game or board game with someone	Connect with an old friend/relative you haven't talked to in more than 6 months	Go to bed 1/2 hour earlier 3 days in a row	Do a Random Act of Kindness for a coworker
Try an activity you have never done before - ask a coworker to join you!	Go for a 30 min walk outside	Go for a 5K (3.1 mile) walk run hike or ski	Try a NEW veggie dish or recipe	Go out of your way to help someone at home
Treat yourself to something you love	Download and explore the GO365 app	**FREE**	Spend 30 min relaxing with no electronics or tv - alone or with a friend/family member	Eat nothing with sugar in the top 3 ingredients for 5 days
Walk 3 times around the outside of PJMS during the work day.	Prepare a NEW healthy recipe	Preplan/prepack lunches for 3 days in a row	Write a list of things you are thankful for each day for a week	Drink 1/2 your body weight in ounces of water for 3 days in a row
Get out of bed 30 min early 3 times in one week	Clean and organize one area of your home or work space	Hike the Butte	Don't do anything work related past 5pm for 3 days in one week	Eat nothing processed (from a package) for 3 days

Custom Bingo Card #3 of 3

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