

B	I	N	G	O
My weight is _____	BONUS SPACE :)	I received an estimate of what and how much I should eat a day	I visited all booths at the UIH Employee health fair	I visited Cardiovascular Risk
I completed A screening today	My Height is _____	I visited Nutrition	How many hours of sleep is suggested? _____	I visited Sleep Hygiene
Massage station	Your Gender _____	FREE	I answered the questions on the back of this card	I tried a health pairing from the nutrition table
I tried a resistance activity	MY BP is _____	I tried a stretch	I received my BMI _____	I visited Mental Health Booth
I received information on smoking cessation	I brought someone with me to the health fair today.	I visited Physical Activity	registration table	I completed a sleep hygiene screen

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I tried a resistance activity	I answered the questions on the back of this card	FREE	I tried a health pairing from the nutrition table	BONUS SPACE :)
I received my BMI _____	I visited Physical Activity	My weight is _____	I completed a sleep hygiene screen	MY BP is _____
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I brought someone with me to the health fair today.	I visited Physical Activity	How many hours of sleep is suggested? _____	I visited Mental Health Booth	I answered the questions on the back of this card
My weight is _____	I tried a resistance activity	I tried a stretch	My Height is _____	I visited Cardiovascular Risk
Massage station	I completed a sleep hygiene screen	FREE	MY BP is _____	I received my BMI _____
Your Gender _____	I visited Sleep Hygiene	I visited all booths at the UIH Employee health fair	registration table	I received an estimate of what and how much I should eat a day
I tried a health pairing from the nutrition table	BONUS SPACE :)	I visited Nutrition	I completed A screening today	I received information on smoking cessation