

| <b>B</b>                    | <b>I</b>                       | <b>N</b>                         | <b>G</b>                       | <b>O</b>                      |
|-----------------------------|--------------------------------|----------------------------------|--------------------------------|-------------------------------|
| take care of your pet       | attend a yoga or workout class | donate 5 things from your closet | phone a relative               | have a movie night            |
| cook a meal for your family | read a magazine                | learn a new recipe               | clean your home                | read a book                   |
| walk outside                | clean your room                | <b>FREE</b>                      | go on a run                    | go to a park                  |
| play a sport outside        | go to the gym                  | organize your room               | drop in on a hillel zoom call  | have a trivia night           |
| cook a healthy meal         | play a board game              | do an at-home workout            | watch a movie with your family | do the dishes for your family |

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|-------------------------------|--------------------------------|----------------------------------|-------------------------------|-----------------------------|
| walk outside                  | watch a movie with your family | clean your home                  | go to the gym                 | cook a meal for your family |
| phone a relative              | go to a park                   | donate 5 things from your closet | have a trivia night           | clean your room             |
| go on a run                   | attend a yoga or workout class | <b>FREE</b>                      | drop in on a hillel zoom call | organize your room          |
| do the dishes for your family | take care of your pet          | do an at-home workout            | play a sport outside          | cook a healthy meal         |
| have a movie night            | go on a hike                   | read a book                      | learn a new recipe            | read a magazine             |

|                      |                               |                                |                                |                                  |
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| play a sport outside | drop in on a hillel zoom call | walk outside                   | do the dishes for your family  | phone a relative                 |
| play a board game    | read a book                   | watch a movie with your family | go to the gym                  | clean your room                  |
| organize your room   | clean your home               | <b>FREE</b>                    | go on a run                    | donate 5 things from your closet |
| go on a hike         | have a movie night            | cook a healthy meal            | attend a yoga or workout class | take care of your pet            |
| read a magazine      | learn a new recipe            | go to a park                   | have a trivia night            | do an at-home workout            |