

Healthy Habits Bingo Challenge 2018





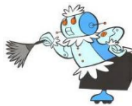


Begins: Jan. 11, 2018 Ends: Feb. 7, 2018

28 days to complete the challenge!

This challenge is designed to encourage you to try a variety of activities to improve your well-being. It is a fun way to experience and learn new ways to live a healthier, happier lifestyle. Simply complete the activities as you are able.

The rules are easy:

- Complete as many healthy activities as you can during the month. Record the dates of completion.
- Just like bingo, you “win” by completing five activities in a row – vertically, horizontally or diagonally.
- To be eligible for one of the six \$20 cash prizes drawn at the end, **complete at least 3 rows/columns.**
- Go for a **black out** and get your name in the cash drawing an extra time!
- Near the end of the challenge, there will be a link in Wellness Wednesday that will direct you to a google doc. The doc will ask you a few questions to validate or verify your participation.

<p>Drink 4, 8 oz glasses of water at least 3 days.</p>  <p>Date: _____ Date: _____ Date: _____</p>	<p>Tell 3 people how much you appreciate them.</p> <p>Date: _____ Date: _____ Date: _____</p>	<p>Go to bed early tonight and get a good night's sleep!</p>  <p>Date: _____</p>	<p>Complete a 30 minute exercise workout of your choice at least twice.</p> <p>Date: _____ Date: _____</p>	<p>Smile at your co-workers today!</p>  <p>Date: _____</p>
<p>Try a relaxation technique. This may include yoga or deep breathing. Tips on the GFPS Wellness website.</p> <p>Date: _____</p>	<p>Be “soda-free” 3 different days. Doesn't have to be in a row.</p> <p>Date: _____ Date: _____ Date: _____</p>	<p>Try a healthy recipe!</p> <p>Check out the GFPS Wellness website for ideas!</p> <p>Date: _____</p>	<p>Call a friend or family member you haven't spoken with in a long time just to say hello.</p> <p>Date: _____</p>	<p>Take a few laps around the inside of your building on a day you know you won't get to your regular exercise.</p> <p>Date: _____</p>
<p>Visit the GFPS Wellness website. Check out the FREE fitness center, classes and pool schedule! Plan to participate.</p> <p>Date: _____</p>	<p>Pack a healthy lunch and take to work.</p>  <p>Date: _____</p>	<p>Smile! It's the FREE Space!</p>	<p>Clean or straighten your work area or office.</p>  <p>Date: _____</p>	<p>Try a fruit or vegetable you have never tasted.</p> <p>Date: _____</p>
<p>Have a meal with family or friends without any electronic devices (TV, phone, iPad, etc)</p> <p>Date: _____ Date: _____</p>	<p>Complete a task you have been putting off.</p>  <p>Date: _____</p>	<p>Eat fruit or veggies for a snack 5 times.</p> <p>Date: _____ Date: _____ Date: _____ Date: _____ Date: _____</p>	<p>Donate a few items to your school pantry.</p>  <p>Date: _____</p>	<p>Floss your teeth at least 5 times.</p> <p>Date: _____ Date: _____ Date: _____ Date: _____ Date: _____</p>
<p>Walk for 20 minutes on 3 different days.</p> <p>Date: _____ Date: _____ Date: _____</p>	<p>Bring a healthy snack to share with co-workers.</p> <p>Date: _____</p>	<p>Create your own healthy idea for this square!</p> <p>Idea: _____</p> <p>Date: _____</p>	<p>Eat breakfast at least 5 mornings.</p> <p>Date: _____ Date: _____ Date: _____ Date: _____ Date: _____</p>	<p>Write down 3 things you are grateful for:</p> <p>1. _____ 2. _____ 3. _____</p> <p>Date: _____</p>