

WELLNESS BLACKOUT

BINGO

Within a one-month period, complete all of the items below to score bingo.

Log your food and drink for at least one day	Connect with someone you haven't seen for awhile	Eat 5+ servings of fruits and vegetables in one day	Put away all screens 2+ hours before bed	Forgive someone for whom you have a grudge
Do something relaxing for 15+ minutes before bed	Try guided relaxation for 5+ minutes (Youtube or Spotify)	Eliminate sweets or treats for 3 days	Log 10,000 steps in one day	Do cardio exercise for 20+ minutes to get your heart rate up
Send a thank-you card or email	Do stretching exercises for 10+ minutes	FREE	Do deep breathing exercises for 3+ minutes	Make a pledge to not text while driving
Go to bed at the same time 3 nights in a row	Call or Facetime a family member	Take your blood pressure (wellness office has a machine)	Floss your teeth every day for a week	Do muscle strengthening exercises (8+ exercises)
Read the scriptures for 20+ minutes 3 days in a row.	Do a random act of kindness for someone	Keep a gratitude journal for 3 days	Enjoying nature outside for at least 15+ minutes	Drink 8 cups of water in one day