

May 1st - July 31st

# Summer Wellness Challenge

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Make or Try a  
New Food

Outdoor  
Barbecue or  
Potluck

Go to a  
Farmers Market

Arts and Crafts  
with Friends

Listen to Live  
Music

Play Lawn  
Games

Go Stargazing

Roast  
Marshmallows

Gardening

Watch  
fireworks

Visit Diverse  
Habitats: Zoo,  
Aquarium, Farm,  
Garden,  
Museum

Sports

Activity of  
Choice

Visit Temple  
Square or a  
New Temple

Have a Picnic

Volunteer or  
Participate in a  
Service Project

Board Game  
Night

Write a letter  
to a Loved one.

Attend a  
Sporting Event

Go on a Nature  
Walk

Go on a  
Roadtrip or  
Travel  
Somewhere  
New

Watch the  
Sunrise or  
Sunset

Outdoor Movie  
Night

Visit a Historic  
Site

Birdwatch

**BYU** Employee  
Wellness

FOR FACULTY, STAFF, & SPOUSES

## RULES

- Pick up a bingo card at the HRD Office (JKB 2001) or print at home from our website listed below.
- Complete activities on the bingo card to form lines horizontally, vertically, or diagonally.
- Each completed bingo square is one entry into the raffle.
- A completed line is an additional entry into the raffle.
- Achieve a blackout (completing all activities) for an additional 10 entries.
- Entries must be submitted between July 24th - July 31st online.
- To submit an entry, you **MUST** provide a photo for **EACH** activity you complete.
- Raffle tickets will be randomly drawn to select our lucky winners on July 31st.
- Only active faculty, admin, and staff are eligible to enter the drawing. However, spouses and family members are encouraged to join in the activities to help the employee complete their bingo(s).

For more details visit:  
<https://hrd.byu.edu/summer-wellness-challenge>



## PRIZES

- Two Get Out passes
- One annual National Park Pass
- Two tickets for BYU Football v. Southern Illinois (August 31st)
- AND SO MUCH MORE!