

# Wellness Bingo Challenge

[myfreebingocards.com](http://myfreebingocards.com)

## Safety First!

Before you print all your bingo cards, please print a test page to check they come out the right size and color. Your bingo cards start on Page 3 of this PDF.

If your bingo cards have words then please check the spelling carefully.

If you need to make any changes go to [mfbc.us/e/edx2gcb](https://mfbc.us/e/edx2gcb)

## Play

Once you've checked they are printing correctly, print off your bingo cards and start playing! On the next page you will find the "Bingo Caller's Card" - this is used to call the bingo and keep track of which words have been called. Your bingo cards start on Page 3.

## Virtual Bingo

Please do not try to split this PDF into individual bingo cards to send out to players. We have tools on our site to send out links to individual bingo cards. For help go to [myfreebingocards.com/virtual-bingo](http://myfreebingocards.com/virtual-bingo).

## Help

If you're having trouble printing your bingo cards or using the bingo card generator then please go to <https://myfreebingocards.com/faq> where you will find solutions to most common problems.

## Share

[Pin these bingo cards](#) on Pinterest, [share on Facebook](#), or post this link: [mfbc.us/s/edx2gcb](https://mfbc.us/s/edx2gcb)

## Edit and Create

To add more words or make changes to this set of bingo cards go to [mfbc.us/e/edx2gcb](https://mfbc.us/e/edx2gcb)

Go to [myfreebingocards.com/bingo-card-generator](http://myfreebingocards.com/bingo-card-generator) to create a new set of bingo cards.

## Legal

The terms of use for these printable bingo cards can be found at [myfreebingocards.com/terms](https://myfreebingocards.com/terms).

## Have Fun!

If you have any feedback or suggestions, drop us an email on [hello@myfreebingocards.com](mailto:hello@myfreebingocards.com).

# Bingo Caller's Card

Use your Bingo Caller's Card to call the bingo and keep track of which words you have already called.

Print two copies of the caller's card. Cut one copy up, fold the squares in half, and put them in a hat. To call the bingo, pull a square out of the hat, unfold it and read it out.

When you have called a word/number, tick it off on the second copy of the caller's card. You can use the second copy of the caller's card to check if a player has a winning card during a game.

Approach Irene and do Squat Challenge	Take 10 Deep breaths.	Ask a colleague "how was your day?"	Participate in the "Gratitude Wall"
Attend physical activity workout.	Eat healthy lunch	Attend mental health talk	Hydrate! Drink 8 glasses of water.
Write down 5 things you love about yourself.			

# Wellness Bingo Challenge

Attend mental health talk	Hydrate! Drink 8 glasses of water.	Eat healthy lunch
Ask a colleague "how was your day?"	Participate in the "Gratitude Wall"	Write down 5 things you love about yourself.
Approach Irene and do Squat Challenge	Take 10 Deep breaths.	Attend physical activity workout.

# Wellness Bingo Challenge

Write down 5 things you love about yourself.	Participate in the "Gratitude Wall"	Hydrate! Drink 8 glasses of water.
Attend physical activity workout.	Ask a colleague "how was your day?"	Attend mental health talk
Eat healthy lunch	Approach Irene and do Squat Challenge	Take 10 Deep breaths.

# Wellness Bingo Challenge

Hydrate! Drink 8 glasses of water.	Attend mental health talk	Participate in the "Gratitude Wall"
Ask a colleague "how was your day?"	<b>Take 10 Deep breaths.</b>	Approach Irene and do Squat Challenge
Write down 5 things you love about yourself.	Attend physical activity workout.	<b>Eat healthy lunch</b>

# Wellness Bingo Challenge

<b>Eat healthy lunch</b>	Ask a colleague "how was your day?"	Participate in the "Gratitude Wall"
Attend physical activity workout.	Hydrate! Drink 8 glasses of water.	Write down 5 things you love about yourself.
Attend mental health talk	Approach Irene and do Squat Challenge	<b>Take 10 Deep breaths.</b>

# Wellness Bingo Challenge

Eat healthy lunch	Approach Irene and do Squat Challenge	Participate in the "Gratitude Wall"
Write down 5 things you love about yourself.	Ask a colleague "how was your day?"	Attend mental health talk
Attend physical activity workout.	Hydrate! Drink 8 glasses of water.	Take 10 Deep breaths.

# Wellness Bingo Challenge

Attend mental health talk	Attend physical activity workout.	Hydrate! Drink 8 glasses of water.
Participate in the "Gratitude Wall"	Approach Irene and do Squat Challenge	Write down 5 things you love about yourself.
Eat healthy lunch	Ask a colleague "how was your day?"	Take 10 Deep breaths.

# Wellness Bingo Challenge

Attend physical activity workout.	Take 10 Deep breaths.	Hydrate! Drink 8 glasses of water.
Ask a colleague "how was your day?"	Participate in the "Gratitude Wall"	Approach Irene and do Squat Challenge
Attend mental health talk	Eat healthy lunch	Write down 5 things you love about yourself.

# Wellness Bingo Challenge

Write down 5 things you love about yourself.	Approach Irene and do Squat Challenge	Attend physical activity workout.
Ask a colleague "how was your day?"	Eat healthy lunch	Attend mental health talk
Hydrate! Drink 8 glasses of water.	Participate in the "Gratitude Wall"	Take 10 Deep breaths.

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Write down 5 things you love about yourself.	Ask a colleague "how was your day?"	Eat healthy lunch
Hydrate! Drink 8 glasses of water.	Participate in the "Gratitude Wall"	Take 10 Deep breaths.
Attend physical activity workout.	Approach Irene and do Squat Challenge	Attend mental health talk

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Attend mental health talk	Attend physical activity workout.	Take 10 Deep breaths.
Participate in the "Gratitude Wall"	Ask a colleague "how was your day?"	Approach Irene and do Squat Challenge
Eat healthy lunch	Hydrate! Drink 8 glasses of water.	Write down 5 things you love about yourself.

# Wellness Bingo Challenge

Attend mental health talk	Ask a colleague "how was your day?"	Hydrate! Drink 8 glasses of water.
Write down 5 things you love about yourself.	<b>Take 10 Deep breaths.</b>	Attend physical activity workout.
Approach Irene and do Squat Challenge	Eat healthy lunch	Participate in the "Gratitude Wall"

# Wellness Bingo Challenge

<b>Take 10 Deep breaths.</b>	Participate in the "Gratitude Wall"	Attend mental health talk
Hydrate! Drink 8 glasses of water.	Ask a colleague "how was your day?"	Approach Irene and do Squat Challenge
Attend physical activity workout.	Write down 5 things you love about yourself.	<b>Eat healthy lunch</b>

# Wellness Bingo Challenge

Write down 5 things you love about yourself.	<b>Eat healthy lunch</b>	Attend physical activity workout.
Hydrate! Drink 8 glasses of water.	Participate in the "Gratitude Wall"	<b>Take 10 Deep breaths.</b>
Approach Irene and do Squat Challenge	Ask a colleague "how was your day?"	Attend mental health talk

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<b>Eat healthy lunch</b>	Attend physical activity workout.	Participate in the "Gratitude Wall"
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# Wellness Bingo Challenge

Participate in the "Gratitude Wall"	Attend physical activity workout.	Write down 5 things you love about yourself.
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