

WELLNESS BINGO

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/fyw3b59

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.

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/fyw3b59

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/fyw3b59

Go to 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.

Have Fun!

If you have any feedback or suggestions, drop us an email on 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.

GET 5,000 STEPS BY 12PM.	LOG YOUR FOOD MONDAY - FRIDAY.	ATTEND A SSEMC FITNESS CLASS.	BRING A HEALTHY RECIPE TO SHARE.	MOVE EVERY HOUR FROM 8AM-5PM.	COMPLETE 10 PUSHUPS A DAY.
HOLD A PLANK FOR ONE MINUTE.	READ A BOOK FOR 30 MINUTES.	COMPLETE 10,000 STEPS 5 OUT OF 7 DAYS.	WORKOUT WITH A FRIEND IN SSEMC GYM.	COMPLETE 30-MINUTE WALK OUTSIDE.	SLEEP 7+ HOURS.
SPEND YOUR 15-MINUTE BREAK ON THE WALKING TRAIL.	20 SQUATS A DAY FOR 5 DAYS.				

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20 SQUATS A DAY FOR 5 DAYS.	COMPLETE 10 PUSHUPS A DAY.	READ A BOOK FOR 30 MINUTES.	WORKOUT WITH A FRIEND IN SSEMC GYM.
LOG YOUR FOOD MONDAY - FRIDAY.	SPEND YOUR 15-MINUTE BREAK ON THE WALKING TRAIL.	BRING A HEALTHY RECIPE TO SHARE.	
COMPLETE 10,000 STEPS 5 OUT OF 7 DAYS.	GET 5,000 STEPS BY 12PM.		MOVE EVERY HOUR FROM 8AM-5PM.
COMPLETE 30-MINUTE WALK OUTSIDE.	HOLD A PLANK FOR ONE MINUTE.	ATTEND A SSEMC FITNESS CLASS.	SLEEP 7+ HOURS.

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SLEEP 7+ HOURS.	GET 5,000 STEPS BY 12PM.	LOG YOUR FOOD MONDAY - FRIDAY.	COMPLETE 10,000 STEPS 5 OUT OF 7 DAYS.
COMPLETE 10 PUSHUPS A DAY.	ATTEND A SSEMC FITNESS CLASS.	HOLD A PLANK FOR ONE MINUTE.	
20 SQUATS A DAY FOR 5 DAYS.	BRING A HEALTHY RECIPE TO SHARE.	MOVE EVERY HOUR FROM 8AM-5PM.	
COMPLETE 30-MINUTE WALK OUTSIDE.	READ A BOOK FOR 30 MINUTES.	WORKOUT WITH A FRIEND IN SSEMC GYM.	SPEND YOUR 15-MINUTE BREAK ON THE WALKING TRAIL.

WELLNESS BINGO

SPEND YOUR 15-MINUTE BREAK ON THE WALKING TRAIL.	HOLD A PLANK FOR ONE MINUTE.	MOVE EVERY HOUR FROM 8AM-5PM.	COMPLETE 10 PUSHUPS A DAY.
20 SQUATS A DAY FOR 5 DAYS.	COMPLETE 10,000 STEPS 5 OUT OF 7 DAYS.	SLEEP 7+ HOURS.	
COMPLETE 30-MINUTE WALK OUTSIDE.		GET 5,000 STEPS BY 12PM.	WORKOUT WITH A FRIEND IN SSEMC GYM.
READ A BOOK FOR 30 MINUTES.	ATTEND A SSEMC FITNESS CLASS.	BRING A HEALTHY RECIPE TO SHARE.	LOG YOUR FOOD MONDAY - FRIDAY.

WELLNESS BINGO

READ A BOOK FOR 30 MINUTES.	BRING A HEALTHY RECIPE TO SHARE.	SLEEP 7+ HOURS.	
SPEND YOUR 15-MINUTE BREAK ON THE WALKING TRAIL.	WORKOUT WITH A FRIEND IN SSEMC GYM.	COMPLETE 10,000 STEPS 5 OUT OF 7 DAYS.	ATTEND A SSEMC FITNESS CLASS.
COMPLETE 10 PUSHUPS A DAY.	GET 5,000 STEPS BY 12PM.	HOLD A PLANK FOR ONE MINUTE.	LOG YOUR FOOD MONDAY - FRIDAY.
20 SQUATS A DAY FOR 5 DAYS.		MOVE EVERY HOUR FROM 8AM-5PM.	COMPLETE 30-MINUTE WALK OUTSIDE.

WELLNESS BINGO

READ A BOOK FOR 30 MINUTES.	BRING A HEALTHY RECIPE TO SHARE.		COMPLETE 10,000 STEPS 5 OUT OF 7 DAYS.
GET 5,000 STEPS BY 12PM.		20 SQUATS A DAY FOR 5 DAYS.	LOG YOUR FOOD MONDAY - FRIDAY.
MOVE EVERY HOUR FROM 8AM-5PM.	ATTEND A SSEMC FITNESS CLASS.	COMPLETE 10 PUSHUPS A DAY.	HOLD A PLANK FOR ONE MINUTE.
SPEND YOUR 15-MINUTE BREAK ON THE WALKING TRAIL.	COMPLETE 30-MINUTE WALK OUTSIDE.	SLEEP 7+ HOURS.	WORKOUT WITH A FRIEND IN SSEMC GYM.

WELLNESS BINGO

READ A BOOK FOR 30 MINUTES.	20 SQUATS A DAY FOR 5 DAYS.	ATTEND A SSEMC FITNESS CLASS.	COMPLETE 10 PUSHUPS A DAY.
COMPLETE 10,000 STEPS 5 OUT OF 7 DAYS.	SLEEP 7+ HOURS.	SPEND YOUR 15-MINUTE BREAK ON THE WALKING TRAIL.	
MOVE EVERY HOUR FROM 8AM-5PM.	WORKOUT WITH A FRIEND IN SSEMC GYM.	GET 5,000 STEPS BY 12PM.	BRING A HEALTHY RECIPE TO SHARE.
HOLD A PLANK FOR ONE MINUTE.	LOG YOUR FOOD MONDAY - FRIDAY.		COMPLETE 30-MINUTE WALK OUTSIDE.

WELLNESS BINGO

ATTEND A SSEMC FITNESS CLASS.	WORKOUT WITH A FRIEND IN SSEMC GYM.	COMPLETE 30-MINUTE WALK OUTSIDE.	COMPLETE 10 PUSHUPS A DAY.
MOVE EVERY HOUR FROM 8AM-5PM.		COMPLETE 10,000 STEPS 5 OUT OF 7 DAYS.	LOG YOUR FOOD MONDAY - FRIDAY.
SPEND YOUR 15-MINUTE BREAK ON THE WALKING TRAIL.	READ A BOOK FOR 30 MINUTES.	HOLD A PLANK FOR ONE MINUTE.	SLEEP 7+ HOURS.
	20 SQUATS A DAY FOR 5 DAYS.	BRING A HEALTHY RECIPE TO SHARE.	GET 5,000 STEPS BY 12PM.

WELLNESS BINGO

LOG YOUR FOOD MONDAY - FRIDAY.	GET 5,000 STEPS BY 12PM.		ATTEND A SSEMC FITNESS CLASS.
	READ A BOOK FOR 30 MINUTES.	BRING A HEALTHY RECIPE TO SHARE.	SPEND YOUR 15-MINUTE BREAK ON THE WALKING TRAIL.
20 SQUATS A DAY FOR 5 DAYS.	COMPLETE 10 PUSHUPS A DAY.	COMPLETE 10,000 STEPS 5 OUT OF 7 DAYS.	MOVE EVERY HOUR FROM 8AM-5PM.
WORKOUT WITH A FRIEND IN SSEMC GYM.	COMPLETE 30-MINUTE WALK OUTSIDE.	HOLD A PLANK FOR ONE MINUTE.	SLEEP 7+ HOURS.

WELLNESS BINGO

GET 5,000 STEPS BY 12PM.	HOLD A PLANK FOR ONE MINUTE.	SLEEP 7+ HOURS.	
BRING A HEALTHY RECIPE TO SHARE.	COMPLETE 10 PUSHUPS A DAY.	MOVE EVERY HOUR FROM 8AM-5PM.	READ A BOOK FOR 30 MINUTES.
SPEND YOUR 15-MINUTE BREAK ON THE WALKING TRAIL.	COMPLETE 10,000 STEPS 5 OUT OF 7 DAYS.	COMPLETE 30-MINUTE WALK OUTSIDE.	ATTEND A SSEMC FITNESS CLASS.
WORKOUT WITH A FRIEND IN SSEMC GYM.	LOG YOUR FOOD MONDAY - FRIDAY.		20 SQUATS A DAY FOR 5 DAYS.

WELLNESS BINGO

WORKOUT WITH A FRIEND IN SSEMC GYM.	20 SQUATS A DAY FOR 5 DAYS.	ATTEND A SSEMC FITNESS CLASS.	COMPLETE 30-MINUTE WALK OUTSIDE.
COMPLETE 10,000 STEPS 5 OUT OF 7 DAYS.			SLEEP 7+ HOURS.
HOLD A PLANK FOR ONE MINUTE.	MOVE EVERY HOUR FROM 8AM-5PM.	READ A BOOK FOR 30 MINUTES.	BRING A HEALTHY RECIPE TO SHARE.
LOG YOUR FOOD MONDAY - FRIDAY.	COMPLETE 10 PUSHUPS A DAY.	GET 5,000 STEPS BY 12PM.	SPEND YOUR 15-MINUTE BREAK ON THE WALKING TRAIL.

WELLNESS BINGO

20 SQUATS A DAY FOR 5 DAYS.		COMPLETE 10 PUSHUPS A DAY.	SPEND YOUR 15-MINUTE BREAK ON THE WALKING TRAIL.
GET 5,000 STEPS BY 12PM.	COMPLETE 30-MINUTE WALK OUTSIDE.	READ A BOOK FOR 30 MINUTES.	SLEEP 7+ HOURS.
MOVE EVERY HOUR FROM 8AM-5PM.	WORKOUT WITH A FRIEND IN SSEMC GYM.	ATTEND A SSEMC FITNESS CLASS.	
BRING A HEALTHY RECIPE TO SHARE.	COMPLETE 10,000 STEPS 5 OUT OF 7 DAYS.	LOG YOUR FOOD MONDAY - FRIDAY.	HOLD A PLANK FOR ONE MINUTE.

WELLNESS BINGO

SPEND YOUR 15-MINUTE BREAK ON THE WALKING TRAIL.	COMPLETE 30-MINUTE WALK OUTSIDE.	COMPLETE 10,000 STEPS 5 OUT OF 7 DAYS.	20 SQUATS A DAY FOR 5 DAYS.
HOLD A PLANK FOR ONE MINUTE.	SLEEP 7+ HOURS.	LOG YOUR FOOD MONDAY - FRIDAY.	COMPLETE 10 PUSHUPS A DAY.
MOVE EVERY HOUR FROM 8AM-5PM.		READ A BOOK FOR 30 MINUTES.	
ATTEND A SSEMC FITNESS CLASS.	GET 5,000 STEPS BY 12PM.	BRING A HEALTHY RECIPE TO SHARE.	WORKOUT WITH A FRIEND IN SSEMC GYM.

WELLNESS BINGO

GET 5,000 STEPS BY 12PM.	BRING A HEALTHY RECIPE TO SHARE.	HOLD A PLANK FOR ONE MINUTE.	SLEEP 7+ HOURS.
ATTEND A SSEMC FITNESS CLASS.	COMPLETE 10 PUSHUPS A DAY.	SPEND YOUR 15-MINUTE BREAK ON THE WALKING TRAIL.	COMPLETE 10,000 STEPS 5 OUT OF 7 DAYS.
COMPLETE 30-MINUTE WALK OUTSIDE.			WORKOUT WITH A FRIEND IN SSEMC GYM.
20 SQUATS A DAY FOR 5 DAYS.	LOG YOUR FOOD MONDAY - FRIDAY.	MOVE EVERY HOUR FROM 8AM-5PM.	READ A BOOK FOR 30 MINUTES.

WELLNESS BINGO

HOLD A PLANK FOR ONE MINUTE.	BRING A HEALTHY RECIPE TO SHARE.	MOVE EVERY HOUR FROM 8AM-5PM.	ATTEND A SSEMC FITNESS CLASS.
SLEEP 7+ HOURS.	LOG YOUR FOOD MONDAY - FRIDAY.	SPEND YOUR 15-MINUTE BREAK ON THE WALKING TRAIL.	COMPLETE 10,000 STEPS 5 OUT OF 7 DAYS.
	READ A BOOK FOR 30 MINUTES.	WORKOUT WITH A FRIEND IN SSEMC GYM.	
COMPLETE 10 PUSHUPS A DAY.	20 SQUATS A DAY FOR 5 DAYS.	COMPLETE 30-MINUTE WALK OUTSIDE.	GET 5,000 STEPS BY 12PM.

WELLNESS BINGO

COMPLETE 30-MINUTE WALK OUTSIDE.	GET 5,000 STEPS BY 12PM.	READ A BOOK FOR 30 MINUTES.	20 SQUATS A DAY FOR 5 DAYS.
SLEEP 7+ HOURS.		COMPLETE 10 PUSHUPS A DAY.	SPEND YOUR 15-MINUTE BREAK ON THE WALKING TRAIL.
BRING A HEALTHY RECIPE TO SHARE.	LOG YOUR FOOD MONDAY - FRIDAY.	COMPLETE 10,000 STEPS 5 OUT OF 7 DAYS.	
ATTEND A SSEMC FITNESS CLASS.	HOLD A PLANK FOR ONE MINUTE.	MOVE EVERY HOUR FROM 8AM-5PM.	WORKOUT WITH A FRIEND IN SSEMC GYM.

WELLNESS BINGO

	MOVE EVERY HOUR FROM 8AM-5PM.	SPEND YOUR 15-MINUTE BREAK ON THE WALKING TRAIL.	COMPLETE 10,000 STEPS 5 OUT OF 7 DAYS.
SLEEP 7+ HOURS.		WORKOUT WITH A FRIEND IN SSEMC GYM.	READ A BOOK FOR 30 MINUTES.
HOLD A PLANK FOR ONE MINUTE.	LOG YOUR FOOD MONDAY - FRIDAY.	GET 5,000 STEPS BY 12PM.	BRING A HEALTHY RECIPE TO SHARE.
20 SQUATS A DAY FOR 5 DAYS.	COMPLETE 30-MINUTE WALK OUTSIDE.	ATTEND A SSEMC FITNESS CLASS.	COMPLETE 10 PUSHUPS A DAY.

WELLNESS BINGO

SPEND YOUR 15-MINUTE BREAK ON THE WALKING TRAIL.	READ A BOOK FOR 30 MINUTES.	BRING A HEALTHY RECIPE TO SHARE.	COMPLETE 10 PUSHUPS A DAY.
20 SQUATS A DAY FOR 5 DAYS.	COMPLETE 30-MINUTE WALK OUTSIDE.	GET 5,000 STEPS BY 12PM.	HOLD A PLANK FOR ONE MINUTE.
	LOG YOUR FOOD MONDAY - FRIDAY.	SLEEP 7+ HOURS.	MOVE EVERY HOUR FROM 8AM-5PM.
ATTEND A SSEMC FITNESS CLASS.	WORKOUT WITH A FRIEND IN SSEMC GYM.		COMPLETE 10,000 STEPS 5 OUT OF 7 DAYS.

WELLNESS BINGO

20 SQUATS A DAY FOR 5 DAYS.	MOVE EVERY HOUR FROM 8AM-5PM.		BRING A HEALTHY RECIPE TO SHARE.
SLEEP 7+ HOURS.	SPEND YOUR 15-MINUTE BREAK ON THE WALKING TRAIL.	WORKOUT WITH A FRIEND IN SSEMC GYM.	READ A BOOK FOR 30 MINUTES.
GET 5,000 STEPS BY 12PM.	HOLD A PLANK FOR ONE MINUTE.	LOG YOUR FOOD MONDAY - FRIDAY.	COMPLETE 10,000 STEPS 5 OUT OF 7 DAYS.
COMPLETE 10 PUSHUPS A DAY.	COMPLETE 30-MINUTE WALK OUTSIDE.	ATTEND A SSEMC FITNESS CLASS.	

WELLNESS BINGO

LOG YOUR FOOD MONDAY - FRIDAY.	COMPLETE 10,000 STEPS 5 OUT OF 7 DAYS.	ATTEND A SSEMC FITNESS CLASS.	HOLD A PLANK FOR ONE MINUTE.
MOVE EVERY HOUR FROM 8AM-5PM.	GET 5,000 STEPS BY 12PM.	BRING A HEALTHY RECIPE TO SHARE.	SLEEP 7+ HOURS.
WORKOUT WITH A FRIEND IN SSEMC GYM.	COMPLETE 10 PUSHUPS A DAY.		COMPLETE 30-MINUTE WALK OUTSIDE.
	READ A BOOK FOR 30 MINUTES.	SPEND YOUR 15-MINUTE BREAK ON THE WALKING TRAIL.	20 SQUATS A DAY FOR 5 DAYS.

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COMPLETE 10,000 STEPS 5 OUT OF 7 DAYS.	SLEEP 7+ HOURS.	SPEND YOUR 15-MINUTE BREAK ON THE WALKING TRAIL.	
COMPLETE 30-MINUTE WALK OUTSIDE.	WORKOUT WITH A FRIEND IN SSEMC GYM.	20 SQUATS A DAY FOR 5 DAYS.	READ A BOOK FOR 30 MINUTES.
GET 5,000 STEPS BY 12PM.	LOG YOUR FOOD MONDAY - FRIDAY.	MOVE EVERY HOUR FROM 8AM-5PM.	ATTEND A SSEMC FITNESS CLASS.
	COMPLETE 10 PUSHUPS A DAY.	BRING A HEALTHY RECIPE TO SHARE.	HOLD A PLANK FOR ONE MINUTE.

WELLNESS BINGO

WORKOUT WITH A FRIEND IN SSEMC GYM.	SPEND YOUR 15-MINUTE BREAK ON THE WALKING TRAIL.	COMPLETE 30-MINUTE WALK OUTSIDE.	READ A BOOK FOR 30 MINUTES.
	BRING A HEALTHY RECIPE TO SHARE.	ATTEND A SSEMC FITNESS CLASS.	COMPLETE 10 PUSHUPS A DAY.
HOLD A PLANK FOR ONE MINUTE.		20 SQUATS A DAY FOR 5 DAYS.	COMPLETE 10,000 STEPS 5 OUT OF 7 DAYS.
MOVE EVERY HOUR FROM 8AM-5PM.	SLEEP 7+ HOURS.	LOG YOUR FOOD MONDAY - FRIDAY.	GET 5,000 STEPS BY 12PM.

WELLNESS BINGO

MOVE EVERY HOUR FROM 8AM-5PM.		BRING A HEALTHY RECIPE TO SHARE.	HOLD A PLANK FOR ONE MINUTE.
READ A BOOK FOR 30 MINUTES.	WORKOUT WITH A FRIEND IN SSEMC GYM.	20 SQUATS A DAY FOR 5 DAYS.	
GET 5,000 STEPS BY 12PM.	LOG YOUR FOOD MONDAY - FRIDAY.	ATTEND A SSEMC FITNESS CLASS.	SLEEP 7+ HOURS.
COMPLETE 10 PUSHUPS A DAY.	COMPLETE 30-MINUTE WALK OUTSIDE.	SPEND YOUR 15-MINUTE BREAK ON THE WALKING TRAIL.	COMPLETE 10,000 STEPS 5 OUT OF 7 DAYS.

WELLNESS BINGO

LOG YOUR FOOD MONDAY - FRIDAY.	HOLD A PLANK FOR ONE MINUTE.		ATTEND A SSEMC FITNESS CLASS.
GET 5,000 STEPS BY 12PM.	MOVE EVERY HOUR FROM 8AM-5PM.	COMPLETE 10,000 STEPS 5 OUT OF 7 DAYS.	COMPLETE 30-MINUTE WALK OUTSIDE.
SLEEP 7+ HOURS.	WORKOUT WITH A FRIEND IN SSEMC GYM.	BRING A HEALTHY RECIPE TO SHARE.	SPEND YOUR 15-MINUTE BREAK ON THE WALKING TRAIL.
COMPLETE 10 PUSHUPS A DAY.		20 SQUATS A DAY FOR 5 DAYS.	READ A BOOK FOR 30 MINUTES.

WELLNESS BINGO

COMPLETE 10,000 STEPS 5 OUT OF 7 DAYS.	20 SQUATS A DAY FOR 5 DAYS.	LOG YOUR FOOD MONDAY - FRIDAY.	SPEND YOUR 15-MINUTE BREAK ON THE WALKING TRAIL.
WORKOUT WITH A FRIEND IN SSEMC GYM.	READ A BOOK FOR 30 MINUTES.	BRING A HEALTHY RECIPE TO SHARE.	COMPLETE 30-MINUTE WALK OUTSIDE.
SLEEP 7+ HOURS.	GET 5,000 STEPS BY 12PM.	MOVE EVERY HOUR FROM 8AM-5PM.	
ATTEND A SSEMC FITNESS CLASS.	COMPLETE 10 PUSHUPS A DAY.	HOLD A PLANK FOR ONE MINUTE.	

WELLNESS BINGO

SLEEP 7+ HOURS.	BRING A HEALTHY RECIPE TO SHARE.	ATTEND A SSEMC FITNESS CLASS.	GET 5,000 STEPS BY 12PM.
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	COMPLETE 30-MINUTE WALK OUTSIDE.	HOLD A PLANK FOR ONE MINUTE.	COMPLETE 10,000 STEPS 5 OUT OF 7 DAYS.
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READ A BOOK FOR 30 MINUTES.	COMPLETE 30-MINUTE WALK OUTSIDE.	SLEEP 7+ HOURS.	
	BRING A HEALTHY RECIPE TO SHARE.	MOVE EVERY HOUR FROM 8AM-5PM.	ATTEND A SSEMC FITNESS CLASS.
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