



WORKING FOR
HEALTHIER TN



Flexibility Challenge BINGO

Objective: To engage in more flexibility exercise for optimal health.

Time Duration: This is a four-week challenge but can also be shortened.

How to Play: For every activity completed, cross it out on your BINGO card.

Ready, Set, BINGO!



Flexibility Challenge BINGO

Getting Started:

1. Decide what dates the Flexibility Challenge BINGO will run.
2. Establish a sign-up period (for example, 1 or 2 weeks) before the challenge start date.
3. Determine how participants' BINGO cards will be scored and how winners will be rewarded.

Remember: Challenge rewards do not have to be tangible. Announcing the winners in an email, e-newsletter and/or flier are all great ways to give recognition!

4. Announce the challenge to employees. (This can be done via email, e-newsletter, department intranet and/or fliers.)
5. At the close of the sign-up period, contact all participants to share the following:
 - A welcome, congrats and/or thank you for participating in the challenge.
 - Dates of when the challenge will begin and end.
 - Instructions on how to play the challenge.
 - Details about how to submit Bingo cards for scoring and how winners will be rewarded.

NOTE: Don't forget to BCC participants if contacting them via email.

6. Print the BINGO card and distribute it to all participants.
7. Each week of the challenge send participants a friendly email reminding them to engage in the challenge and have fun with it. Your communication might include additional info, such as tips and tricks, inspirational quotes and/or participant photos.
8. As the four-week challenge comes to an end, send a reminder to participants to submit their Bingo cards for scoring and award those who got Bingo!

Materials Needed:

- Sign-up sheet (optional)

NOTE: Please do not collect any personal or private health information (i.e., weight, age).

- BINGO cards
- Prizes (optional)