



## Wellness Bingo Challenge

**Object:** to fill in a complete row of squares (horizontally, vertically or diagonally) in a week's time.

How to play: Use the Wellness Bingo Cards (created by the Department of Revenue's Wellness Council) or create your own. Pass them out to all employees who wish to participate. We want participants engaging in on-going healthy behaviors rather than trying to complete 5 tasks on the card in one day just to win. For that reason, participants may only count one task per day towards their Bingo. Have them pencil in the date onto each square as the task is completed.

Time Duration: At least one week (because participants can only count one task per day you need at least 5 days for this challenge) but this would also be a great month-long challenge. On Friday, have someone from your Wellness Council send out a reminder email to participants to bring their cards by for scoring and award those who got a Bingo. The award does NOT have to be something tangible...announcing the Wellness Bingo winners in the weekly departmental email/Wellness Council newsletter/ or posting their names up on a public bulletin board are all great ways to give recognition.

Ready, Set, BINGO!

**B****I****N****G****O**

Get 8 hours of sleep

Take the stairs instead  
of the elevator

Eat a piece of fruit as  
a snack

Walk outside for 30  
minutes

Eat a leafy green  
vegetable

Replace white bread  
with whole wheat  
bread

Try the healthy version  
of a recipe

Drink 48 ounces of  
water in one day

Try a new exercise or  
workout

Keep a food journal for  
one day using  
MyFitnessPal or a similar  
tracking app

Challenge a friend  
to a jumping jack  
contest

Do a push-up every  
time you receive a text  
message for one day

Pack a healthy lunch

Start a health-related  
board on Pinterest

Replace one cigarette  
with a piece of fruit or  
vegetable

Take 10,000 steps in one  
day  
(You can track your  
steps with a pedometer  
app)

Replace ice cream  
with frozen yogurt

Do a stretch break at  
your desk

Take a lap around  
your floor once an  
hour for one day

Pass up a front row  
parking space in  
exchange for walking  
from a spot further away

Do hand weight  
exercises while  
watching your favorite  
show

Replace your  
afternoon soda with  
water

Jump rope on  
commercial breaks

Try a fruit or vegetable  
you've never tried  
before

Use an online source  
to find out what your  
Body Mass Index is