

Virtual Wellness Challenge BINGO- April 6th-12th

Try to get a BINGO (horizontal, vertical, or diagonal). Your name will be entered into a drawing for a weekly prize. You will receive one BINGO card each week. One BINGO is 1 entry, 2 BINGOs is 2 entries, etc. If you fill all boxes (black out), you will get 5 entries into the weekly drawing. Once you get a BINGO, complete the [Week 1 Activity Checklist form](#) you were sent.

Have fun!!

Cards are only valid the week stated . BINGOs this week **MUST BE SUBMITTED BY 5:00PM Sunday, April 12th.**

Make a healthy snack	Cook or prepare food with a new herb or spice (dried or fresh)	Exercise your brain with a crossword, word search, or Sudoku	Eat from the rainbow, try having 6 fruits/vegetables that are 6 different colors in one day	Take time to write down three things you like about yourself
Put a heart in your window to support the Heart Hunter project	Exercise or go for a walk with a coworker, friend, or family member this week	Sleep 7 hours a night at least twice this week	Try stress relief breathing techniques	Spend 30 minutes outside this week doing yard work, playing with animals, or kids, or simply enjoying the Spring weather
Try a dairy substitute such as almond, coconut, rice or soy milk	Send an encouraging text or email to three friends	FREE SPACE	Turn off/close your email for one hour each day	Drink a glass of water before each meal
Have a personal social media free day this week	Make a short “to do” list, such as three tasks, and make a goal to accomplish them in one day	Try a recipe from one of University of Illinois Extension websites	Be the reason someone smiles today	Have a “meatless” meal once this week
Put on some music and dance while doing housework	Avoid hitting the snooze button twice this week, if you already don’t hit the snooze block this off. Great job!	Do one thing you’ve been putting off	Limit <u>added</u> sugar to less than 25 grams one day this week *Hint: Read the nutrition label	Spend 30 minutes cleaning/organizing an area at home or in the office