



JORDAN
health &
wellness

Summer 2022 BINGO

Write down 3 positive things, each day for an entire week <input type="checkbox"/>	Donate time to a cause that you care about <input type="checkbox"/>	Unplug completely from electronics for 24 hours <input type="checkbox"/>	Play a board/card game with a friend/family member <input type="checkbox"/>	Exercise for at least 20 minutes at least 3 days in a week <input type="checkbox"/>
Have an in-person conversation with someone you haven't seen in a while <input type="checkbox"/>	Meditate for 10 minutes or longer, 5 days in a row (hint, try an app!) <input type="checkbox"/>	Stick to a meal plan for 5 days in a row <input type="checkbox"/>	Organize a closet, your office/desk, or other space that needs attention <input type="checkbox"/>	Try a breathing exercise 3x in a week <input type="checkbox"/>
Take a 20 minute walk at least 3x in a week <input type="checkbox"/>	Explore locally (festival, exhibit, activity) <input type="checkbox"/>	Spend 30 minutes doing something creative <input type="checkbox"/>	Add a vegetable to at least 1 meal every day for 7 days <input type="checkbox"/>	Eliminate an unhealthy food or drink choice for the week <input type="checkbox"/>
Do something you enjoyed as a kid <input type="checkbox"/>	Drink 64oz of water everyday for a week <input type="checkbox"/>	Read an entire novel for fun <input type="checkbox"/>	Spend time relaxing in nature for 30 minutes <input type="checkbox"/>	Get 7-8 hours of sleep at least 2 days in a row <input type="checkbox"/>
Take time to stretch on 3 days in a week <input type="checkbox"/>	Write a gratitude letter to a friend, family member, or mentor and deliver it <input type="checkbox"/>	Watch something that makes you laugh <input type="checkbox"/>	Attend an exercise class or follow along with a virtual class. <input type="checkbox"/>	Invite a friend to do something active with you <input type="checkbox"/>

*You are able to pick the day(s) in which you complete each activity.
5 challenges must be completed within the summer months
June/July for entry into a drawing.
Additional entries awarded for every additional
5 challenges including repeat activities.*

