

Do you have  
5 in row?  
Scan the QR  
code to enter  
our giveaway!

# Fall Break Bingo



Go on a  
hike or  
walk

Reorganize  
something  
at home

Leave 10  
positive  
comments  
online

Do  
something  
festive

Do  
something  
you loved  
as a kid

Do something  
you have  
been putting  
off

Try a new to  
you fruit or  
veggie

Pick out an  
outfit for the  
first day back  
from break

Get 7 hours  
of sleep 2  
days in a  
row

Do  
something  
creative

Turn off  
electronics  
1 hour  
before bed

Watch/listen  
to something  
that makes  
you laugh

Free

Surprise  
someone with  
something  
fun

Listen to a  
podcast/ watch  
a video on a  
wellness topic

Drink at least  
72 oz. of  
water for 3  
days in row

Reach out  
to an old  
friend

Stretch for  
10 minutes  
before bed

Play a game  
with a loved  
one

Follow  
@jordanhealth  
andwellness on  
Instagram

Plan  
something  
to look  
forward to

Compliment  
yourself out  
loud

Make the  
most epic  
salad you  
can think of

Perform a  
random act  
of kindness

Donate in  
any way to  
a cause you  
care about

[Not a fan of QR codes? Use this link!](#)