

Figure 5.6: Wellness Bingo Card Play Sheet

Complete activities in the boxes that follow during the month of _____.
 Initial each box upon completion of the activity. For each completed activity—complete as many as you’d like; you’re on the honor system—you will be entered into a raffle for prizes. We will also announce an overall winner who has the most completed activities.

Return the completed Bingo card to _____ by _____.

Physical Wellness	Intellectual Wellness	Emotional Wellness	Whole-Body Wellness	General Wellness
Attend a fitness class (or join virtually).	Read or start a new (non-education-based) book.	Try a meditation app.	Get at least eight hours of sleep.	Have a tea or coffee date with a friend.
Go for a walk or hike.	Listen to a TED Talk.	Get a massage or chiropractic adjustment.	Drink at least thirty-two ounces of water each day for a week.	Free choice. Choose a wellness activity that suits your needs: _____.
Play a sport with a group of people.	Go to a festival (or virtual festival).	Free choice. Choose a wellness activity that suits your needs: _____.	Kick a bad habit to the curb.	Plan a video call date with a friend or family member.
Go to yoga, Pilates, Zumba, and so on.	Create or finish a DIY project.	Write a list of short- or long-term goals.	Eat a healthy breakfast.	Give up social media for a day.
Take the steps instead of the elevator.	Play a board game or card game.	Listen to music or play an instrument.	Try a new recipe.	Take pictures of your family, pets, nature, and so on.
Go for a bike ride.	Complete (or work on) a crossword or sudoku puzzle.	Journal for a week.	Prepare a healthy snack for your day.	Go caffeine-free for a day (or an afternoon).