

# Bingo Challenge!

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Insurance  
COMPANY

# Bingo Challenge Rules

## Bingo Challenge


























### How it works:

- Bingo challenge runs for 2-4 weeks, set a time limit for your company.
- Group of four or individual entries permitted. Select a team captain for submission and tracking.
- Full board must be completed; option to give a prize to the winner(s).
- Send completed card and team member names to the team captain.
- If individual entry, complete each square. If team entry, divide tasks among team members.



# Physical Activity Bingo

## Bingo Challenge

 <p><b>Do 20 squats</b></p>	 <p><b>Perform 20 Lateral Lunges</b></p>	 <p><b>Do 30 Jumping Jacks</b></p>	 <p><b>Perform 30 Push-Ups</b></p>	 <p><b>Stretch for 10 Minutes</b></p>
 <p><b>Plank for 30 seconds</b></p>	 <p><b>March on the Spot for 1 minute</b></p>	 <p><b>Perform 20 Crunches</b></p>	 <p><b>Perform 20 Donkey Kicks per leg</b></p>	 <p><b>1 minute of Core Bicycles (on back)</b></p>
 <p><b>Perform 20 Lunges</b></p>	 <p><b>Downward Dog Plank for 1 minute</b></p>	 <p><b>Perform 20 Crunches</b></p>	 <p><b>V-Sit Hold for 45 seconds</b></p>	 <p><b>30 seconds of Child's Pose</b></p>
 <p><b>Walk for 30 minutes</b></p>	 <p><b>Do 30 Squats</b></p>	 <p><b>Do 1 minute of Standing Alternating Hamstring Curls</b></p>	 <p><b>Do 50 Squats</b></p>	 <p><b>Walk for 45 minutes</b></p>
 <p><b>Do 40 Jumping Jacks</b></p>	 <p><b>Perform 10 Push-Ups</b></p>	 <p><b>Perform 20 Glute Bridges</b></p>	 <p><b>Plank for 1 minute</b></p>	 <p><b>Do 30 seconds of Mountain Climbers</b></p>



# Nutrition Bingo

## Bingo Challenge



**Eat 6 Servings of Veggies**



**Eat 2 Servings of Lean Protein**



**Eat an Orange Vegetable**



**Eat a Healthy, Nutritious Snack**



**Eat Mindfully**



**Learn a Nutritional Fact about a Vegetable**



**Eat Omega Fats (fish, nuts, etc.)**



**Eat 4 Servings of Fruit**



**Prep your Meals for the Day**



**Read a Food Label**



**Drink 2L of Water**



**Have 2 Servings of Plant-Based Protein**



**Eat a Purple Vegetable**



**Try a New Fruit or Vegetable**



**Eat a Green Vegetable**



**Learn a Nutritional Fact about a Vegetable**



**Have a Colourful Meal**



**Eat 6 Servings of Veggies Today**



**Eat 2 Servings of Raw Veggies**



**Eat 4 Servings of Vegetables Today**



**Eat 1 Serving of Whole Grains**



**Eat with a Friend**



**Have 2 Servings of Legumes**



























**Eat 2 Whole Fruits Today**



# Wellness Bingo

## Bingo Challenge

 <p><b>Eat Slowly and Savour your Meal</b></p>	 <p><b>Reflect on 3 Good Things in your Life</b></p>	 <p><b>Work on a Personal Goal</b></p>	 <p><b>Perform a Random Act of Kindness</b></p>	 <p><b>Write Down 3 Things You Like About Yourself</b></p>
 <p><b>Meditate for 5 Minutes</b></p>	 <p><b>Thank Someone Who Helps You</b></p>	 <p><b>Read a New Book</b></p>	 <p><b>Spend Time with a Family Member</b></p>	 <p><b>Relax and Focus on Your Breathing for 2 Minutes</b></p>
 <p><b>Watch the Sunrise or Sunset</b></p>	 <p><b>Write a Gratitude Journal Entry</b></p>	 <p><b>Set Up a Bedtime Routine</b></p>	 <p><b>Take a 5 Minute Stretch Break</b></p>	
 <p><b>Take a Mindful Pause in your Day</b></p>	 <p><b>Tell a Friend Why You Appreciate Them</b></p>	 <p><b>Get Some Exercise Today</b></p>	 <p><b>Say Something Kind to Someone</b></p>	 <p><b>Get Some Exercise Today</b></p>
 <p><b>Go for a Walk or Hike</b></p>	 <p><b>Give Thanks Before a Meal</b></p>	 <p><b>Spend Time on a Hobby</b></p>	 <p><b>Try Something New</b></p>	 <p><b>Phone a Friend or Co-Worker</b></p>

