

# WELLNESS BINGO

Try to fill your bingo card over the next month



Physical



Environmental



Mental



Social

|                                    |                                       |                                     |  |                                      |
|------------------------------------|---------------------------------------|-------------------------------------|--|--------------------------------------|
| Went for a nature walk or run      | Did a solo dance and laughed          | Planned my meals for the week       | Had some fresh fruit each day            | Tried a new healthy recipe           |
| Watched an educational program     | Used reusable bags when shopping      | Decluttered one room in the house   | Practiced smart spending – was on budget | Recycled my garbage                  |
| Read about wellness promotion      | Set 1 long term wellness goal         | <b>Put an X on completed items</b>  | Set 2 short term wellness goals          | Working on completing my goals       |
| Practiced mindfulness or meditated | Wrote in my journal 3 times this week | Learned something I didn't know     | Spent time on something creative         | Tried something I hadn't done before |
| Called someone I care about        | Performed a random act of kindness    | Reached out to someone needing help | Shared a memory with someone             | Played a game with someone I like    |