

Name: _____ Phone #: _____ E-mail: _____

Fit-4-Fall Bingo

WEEK 1

MONDAY September 24	I ate 2-3 servings of dairy (i.e. milk, cheese or yogurt)	Less than 1 hour of screen time (TV, cell phone, games)	I ate at least 2 servings of red fruit today	I spent 30 minutes being active today	No soda pop today	I drank the recommended daily water intake (64 oz.) today	I ate at least 3 servings of veggies today
TUESDAY September 25	I ate at least 2 servings of fruit today	I ate 2-3 servings of dairy (i.e. milk, cheese or yogurt)	I ate 2 servings of green vegetables today	FREE CHOICE Activity for 45 min	I did 50 sit ups or push ups today	No candy today	I ate at least 3 servings of yellow veggies today
WEDNESDAY September 26	I ate at least 3 servings of veggies today	No soda pop today	I spent 60 minutes being active today	No fast food today	I ate at least 2 servings of red or yellow fruit today	I ate 2-3 servings of dairy (i.e. milk, cheese or yogurt)	I read the "Weekly Wellness Tips" e-newsletter
THURSDAY September 27	FREE CHOICE Activity for 30 minutes today	I did 25 push ups or sit ups today	Less than 1 hour of screen time (TV, cell phone, games)	I ate 2-3 servings of dairy (i.e. milk, cheese or yogurt)	I ate at least 3 servings of veggies today	I drank the recommended daily water intake (64 oz.) today	I ate at least 2 servings of fruit today
FRIDAY September 28	I helped plan and prepare a healthy family meal	I drank the recommended daily water intake (64 oz.) today	I ate 2-3 servings of dairy (i.e. milk, cheese or yogurt)	I spent 45 minutes being active today	I tried a new healthy recipe today	I ate at least 2 servings of fruit today	No soda pop today
SATURDAY September 29	I did 25 push ups or sit ups today	I ate at least 2 servings of fruit today	No soda pop today	I ate 1 serving of yellow and red veggies today	I ate 2-3 servings of dairy (i.e. milk, cheese or yogurt)	FREE CHOICE Activity for 45 minutes today	I checked a food label to determine the correct portion size
SUNDAY September 30	No soda pop today	FREE CHOICE Activity for 30 minutes today	I did 50 sit ups or push ups today	Less than 1 hour of screen time (TV, cell phone, games)	I ate 2-3 servings of dairy (i.e. milk, cheese or yogurt)	I ate a least 2 servings of green or purple fruit today	I ate at least 3 servings of veggies today

Must have a minimum of 4 bingos to qualify for random prize drawing.

Free Choice Activity Ideas: Biking, roller skating/blading, hiking, cleaning the house, walking, push mowing the lawn, jump rope, walking the dog, team sports, dance, catch, or anything else that keeps you moving!

All Bingo cards must be turned in by Tuesday of the following week by 12:00 p.m. (noon). Cards may be mailed to Jessica Miller (MS-A2) or dropped off at the Human Resources Office to qualify for the weekly prize drawing. Bingo cards that are submitted incomplete will not be entered in for the weekly prize drawing.