

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

Fit-4-Fall Bingo

WEEK 2

MONDAY October 1	I ate 2-3 servings of dairy (i.e. milk, cheese or yogurt)	Less than 1 hour of TV or computer at home	I ate at least 2 servings of red or yellow fruit today	No fast food today	I did 25 sit ups or push ups today	I didn't skip breakfast today	I drank the recommended daily water intake (64 oz.) today
TUESDAY October 2	I ate at least 2 servings of fruit and/or veggies today	I ate 2-3 servings of dairy (i.e. milk, cheese or yogurt)	I drank the recommended daily water intake (64 oz.) today	FREE CHOICE Activity for 30 minutes today	I checked a food label to determine the correct portion size	I packed a healthy lunch instead of eating out	I got 7-8 hours of sleep last night
WEDNESDAY October 3	I didn't skip breakfast today	No soda pop today	I spent 30 minutes being active today	I read the Weekly Wellness E-Newsletter	I ate a lean meat/protein (i.e. chicken, fish, turkey or tofu)	I ate 2-3 servings of dairy (i.e. milk, cheese or yogurt)	I drank the recommended daily water intake (64 oz.) today
THURSDAY October 4	I drank the recommended daily water intake (64 oz.) today	No fast food today	I ate 2-3 servings of dairy (i.e. milk, cheese or yogurt)	Cheat Day! (Free Space)	I checked a food label to determine the correct portion size	I didn't skip breakfast today	FREE CHOICE Activity for 30 minutes today
FRIDAY October 5	No candy today	I ate at least 2 servings of fruit and/or veggies today	I parked at least 100 yds. from my destination	No soda pop today	I tracked my calories today <u>and</u> stayed within my recommended daily range	I got 7-8 hours of sleep last night	I did 25 sit ups or push ups today
SATURDAY October 6	I chose a whole wheat alternative (i.e. whole wheat bread instead of white bread)	I did 25 sit ups or push ups today	I ate 2-3 servings of dairy (i.e. milk, cheese or yogurt)	I ate at least 2 servings of fruit and/or veggies today	I drank the recommended daily water intake (64 oz.) today	FREE CHOICE Activity for 30 minutes today	No soda pop today
SUNDAY October 7	I drank the recommended daily water intake (64 oz.) today	FREE CHOICE Activity for 30 minutes today	I tracked my calories today	I ate 2-3 servings of fruit and/or veggies today	I cut my caloric intake by 100 calories today	No fast food today	I tried a new healthy recipe 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.