

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_ E-mail: \_\_\_\_\_

# Fit-4-Fall Bingo

## WEEK 2

<b>MONDAY</b> 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
<b>TUESDAY</b> 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
<b>WEDNESDAY</b> 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
<b>THURSDAY</b> 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
<b>FRIDAY</b> 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
<b>SATURDAY</b> 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
<b>SUNDAY</b> 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.