

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

Fit-4-Fall Bingo

WEEK 3

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|--------------------------------|--|--|--|---|--|--|--|
| MONDAY October 8 | I ate at least 2 servings of veggies today | Less than 1 hour of TV or computer at home | I ate at least 2 servings of fruit today | No soda pop today | I did 25 sit-ups, push-ups and/or jumping jacks today | I spent 30 minutes being active today | I ate 2-3 servings of non-fat or reduced-fat dairy (i.e. milk, cheese or yogurt) |
| TUESDAY October 9 | I got 7-8 hours of sleep last night | I checked a food label to determine the correct portion size | I ate 2-3 servings of non-fat or reduced-fat dairy (i.e. milk, cheese or yogurt) | FREE CHOICE Activity for 30 minutes today | I drank the recommended daily water intake (64 oz.) today | I packed a healthy lunch instead of eating out | I ate at least 3 servings of veggies today |
| WEDNESDAY October 10 | No soda pop today | I read the Weekly Wellness E-Newsletter | I spent 45 minutes being active today | I tracked my calories today | I ate at least 2 servings of fruit today | I didn't skip breakfast today | I parked at least 100 yds. from my destination |
| THURSDAY October 11 | FREE CHOICE Activity for 30 minutes today | I attended the CBC Vaccination Clinic today | Less than 1 hour of TV or computer at home | I chose a whole wheat alternative (i.e. whole wheat bread instead of white bread) | I ate 2-3 servings of non-fat or reduced-fat dairy (i.e. milk, cheese or yogurt) | No soda pop today | No fast food today |
| FRIDAY October 12 | No candy today | I got 7-8 hours of sleep last night | I tracked my calories today | Cheat Day! (Free Space) | I drank the recommended daily water intake (64 oz.) today | I ate at least 2 servings of fruit today | I made a healthy ingredient substitution (i.e. cooking spray for butter) |
| SATURDAY October 13 | I checked a food label to determine the correct portion size | I did 25 sit-ups, push-ups and/or jumping jacks today | I drank the recommended daily water intake (64 oz.) today | I ate 2 servings of veggies today | No soda pop today | FREE CHOICE Activity for 45 minutes today | I tracked my calories today <u>and</u> stayed within my recommended daily range |
| SUNDAY October 14 | No soda pop today | I did 50 sit-ups, push-ups and/or jumping jacks today | I tried a new healthy recipe today | No fast food today | FREE CHOICE Activity for 30 minutes today | I ate at least 2 servings of veggies today | I ate 2-3 servings of non-fat or reduced-fat dairy (i.e. milk, cheese or yogurt) |

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.