Name:	Phone #:	E-mail:	
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WEEK 4

MONDAY	I ate at least 3	I didn't skip	I ate at least	No soda pop	I did 25 sit-	I drank the	I ate 2-3
	servings of	breakfast today	2 servings of	today	ups, push-ups	recommended	servings of
October 15	veggies today		fruit today		and/or	daily water	non-fat or
					jumping jacks	intake (64 oz.)	reduced-fat
					today	today	dairy (i.e. milk,
							cheese or
							yogurt)
TUESDAY	I ate at least 2	I ate 2-3	No sweets	FREE CHOICE	I read a food	I parked at least	I ate at least 3
	servings of	servings of non-	today	Activity for 45	label to	100 yds. from	servings of
October 16	fruit today	fat or reduced-	(i.e. candy,	minutes today	determine the	my destination	veggies today
		fat dairy (i.e.	pastries,		correct		
		milk, cheese or	desserts, etc.)		portion size		
		yogurt)					
WEDNESDAY	I got 7-8 hours	I ate at least 3	I spent 30	I packed a	I read the	I made a	No soda pop
	of sleep last	servings of	minutes	healthy lunch	Weekly	healthy	today
October 17	night	veggies today	being active	instead of	Wellness	ingredient	
			today	eating out	E-Newsletter	substitution	
						(i.e. cooking	
						spray for	
						butter)	
THURSDAY	FREE CHOICE	I ate at least 3	I ate at least	Cheat Day!	I counted my	No soda pop	I packed a
	Activity for 45	servings of	2 servings of	(Free Space)	calories today	today	healthy lunch
October 18	minutes today	veggies today	fruit today				instead of
							eating out
FRIDAY	No candy	I went for a	I ate fresh,	I spent 30	I drank the	I ate at least 2	I didn't skip
	today	walk with a	raw veggies	minutes being	recommended	servings of fruit	breakfast
October 19		walking	today	active today	daily water	today	today
		buddy/group			intake (64 oz.)		
		today			today		
SATURDAY	I chose a	I did 50 sit-ups,	I ate 2-3	I ate 3 servings	I parked at	FREE CHOICE	I counted my
	whole wheat	push-ups	servings of	of veggies	least 100 yds.	Activity for 30	calories today
October 20	alternative	and/or jumping	non-fat or	today	from my	minutes today	<u>and</u> stayed
	(i.e. whole	jacks today	reduced-fat		destination		within my
	wheat bread		dairy (i.e.				recommended
	instead of		milk, cheese				daily range
	white bread)		or yogurt)				
SUNDAY	No soda pop	I did 25 sit-ups,	I helped	I drank the	No fast food	I ate a least 2	I ate at least 3
	today	push-ups	prepare a	recommended	today	servings of fruit	servings of
October 21		and/or jumping	healthy meal	daily water		today	veggies today
		jacks today		intake (64 oz.)			
				today			

MUST HAVE A MINIMUM OF <u>4 BINGOS</u> 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.