

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

Fit-4-Fall Bingo

WEEK 4

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