

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

Fit-4-Fall Bingo

WEEK 5

MONDAY October 22	I didn't skip breakfast today	I ate 2-3 servings of non-fat or reduced-fat dairy (i.e. milk, cheese or yogurt)	I checked a food label to determine the correct portion size	No soda pop today	I ate 3 servings of veggies today	I ate at least 2 servings fruit today	I got 7-8 hours of sleep last night
TUESDAY October 23	I ate 2 servings of whole grains today (i.e. oatmeal, brown rice, wheat bread, etc.)	FREE CHOICE activity for 30 minutes	I practiced healthy hand hygiene today (washing hands regularly)	No fast food today	I parked at least 100 yds. from my destination	Less than 1 hour of TV or computer at home	I ate at least 3 servings of veggies today
WEDNESDAY October 24	I ate at least 3 servings of veggies today	I did 25 sit-ups, push-ups and/or jumping jacks today	FREE CHOICE activity for 30 minutes today	I didn't skip breakfast today	I ate at least 2 servings of fruit today	I packed a healthy lunch instead of eating out	I read the Weekly Wellness E-Newsletter
THURSDAY October 25	I checked out the SuperTracker tool and/or the MyFitnessPal mobile app	I got 7-8 hours of sleep last night	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)	I ate at least 3 servings of veggies today	No soda pop today	I cut my caloric intake by 100 calories today
FRIDAY October 26	I chose a whole wheat alternative (i.e. whole wheat bread instead of white bread)	No sweets today (i.e. candy, pastries, desserts, etc.)	FREE CHOICE activity for 30 minutes	Cheat Day! (Free Space)	I did 25 sit-ups, push-ups and/or jumping jacks today	I ate at least 2 servings of fruit or veggies today	I parked at least 100 yds. from my destination
SATURDAY October 27	I drank the recommended daily water intake (64 oz.) today	I drank fat-free or low-fat (1%) milk today	I did 25 sit-ups, push-ups and/or jumping jacks today	I checked a food label to determine the correct portion size	I ate 3 servings of veggies today	I spent 45 minutes being active today	I tracked my calories <u>and</u> stayed within my daily range
SUNDAY October 28	No soda pop today	FREE CHOICE activity for 30 minutes	I ate 2-3 servings of non-fat or reduced-fat dairy (i.e. milk, cheese or yogurt)	I ate a lean meat/protein (i.e. chicken, fish, turkey or tofu)	I ate at least 2 servings of fruit today	I tried a new healthy recipe using squash or pumpkin	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.