

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

E-mail: \_\_\_\_\_

# Fit-4-Fall Bingo

## WEEK 6

|                                |   |  |  |  |  |  |  |
|--------------------------------|---|--|--|--|--|--|--|
| <b>MONDAY</b><br>October 29    | I ate 2-3 servings of non-fat or reduced-fat dairy (i.e. milk, cheese or yogurt)                | I got 7-8 hours of sleep last night  | I ate at least 2 servings of fruits and vegetables today                             | No fast food today   | I did 50 sit-ups, push-ups and/or jumping jacks today                            | I packed a healthy lunch instead of eating out                   | I practiced positive-thinking and self-talk today  |
| <b>TUESDAY</b><br>October 30   | I ate at least 2 servings fruit today   | I ate 2-3 servings of non-fat or reduced-fat dairy (i.e. milk, cheese or yogurt) | I chose a whole wheat alternative (i.e. whole wheat bread instead of white bread)    | I spent 45 minutes being active today                        | I checked a food label to determine the correct portion size                     | I helped plan and prepare a healthy meal                         | I logged my daily calories/activity using <a href="#">SuperTracker</a> or <a href="#">MyFitnessPal</a> |
| <b>WEDNESDAY</b><br>October 31 | I passed out healthy trick-or-treat snacks (i.e. All Natural Fruit Leather, Granola Bars, etc.) | No soda pop today  | FREE CHOICE activity for 30 minutes today  | I read the Weekly Wellness E-Newsletter                      | I ate at least 2 servings of fruit today   | I drank fat-free or low-fat (1%) milk today (or milk substitute) | I ate a lean meat/protein (i.e. chicken, fish, turkey or tofu)   |
| <b>THURSDAY</b><br>November 1  | FREE CHOICE Activity for 30 minutes today   | No fast food today   | I ate 2 servings of whole grains today (i.e. oatmeal, brown rice, wheat bread, etc.) | Cheat Day! (Free Space)                                      | 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.)           | No soda pop today  |
| <b>FRIDAY</b><br>November 2    | I made a healthy food choice while eating out   | I ate at least 2 servings of veggies today                                       | I parked at least 100 yds. from my destination                                       | I spent 30 minutes being active today                        | I tracked my calories today <u>and</u> stayed within my recommended daily range  | I ate at least 2 servings of fruit today                         | I did 25 sit-ups, push-ups and/or jumping jacks today  |
| <b>SATURDAY</b><br>November 3  | I didn't skip breakfast today   | I went for a walk with a walking buddy/group today                               | I ate 2-3 servings of non-fat or reduced-fat dairy (i.e. milk, cheese or yogurt)     | I ate 1 serving of yellow or green veggies today             | I drank the recommended daily water intake (64 oz.) today                        | FREE CHOICE Activity for 60 minutes today                        | No soda pop today  |
| <b>SUNDAY</b><br>November 4    | No soda pop today   | FREE CHOICE Activity for 30 minutes today  | I tried a new exercise today   | I checked a food label to determine the correct portion size | I ate at least 2 servings of fruit today   | I drank fat-free or low-fat (1%) milk today (or milk substitute) | 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.