

Fit-4-Fall Bingo

WEEK 7

MONDAY November 5	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 red or yellow fruit today	No soda pop today	I packed a healthy lunch instead of eating out	I checked a food label to determine the correct portion size	I read an interesting health-related news article today
TUESDAY November 6	I practiced positive-thinking and self-talk today	I ate 2-3 servings of non-fat or reduced-fat dairy (i.e. milk, cheese or yogurt)	No fast food today	I chose a whole wheat alternative (i.e. whole wheat bread instead of white bread)	FREE CHOICE Activity for 45 minutes today	I helped plan and prepare a healthy meal	I drank the recommended daily water intake (64 oz.) today
WEDNESDAY November 7	I ate at least 3 servings of veggies today	I spent 30 minutes being active today	I read the Weekly Wellness E-Newsletter	I drank fat-free or low-fat (1%) milk today (or milk substitute)	I parked at least 100 yds. from my destination	No soda pop today	I tried a new exercise today
THURSDAY November 8	FREE CHOICE Activity for 30 minutes today	I ate 2-3 servings of non-fat or reduced-fat dairy (i.e. milk, cheese or yogurt)	I attended Benefits Fair today	I ate a lean meat/protein (i.e. chicken, fish, turkey or tofu)	I ate at least 2 servings of veggies today	I tried a new healthy recipe today	I didn't skip breakfast today
FRIDAY November 9	I practiced healthy hand hygiene today (washing hands regularly)	I made a healthy food choice while eating out	Cheat Day! (Free Space)	FREE CHOICE activity for 60 minutes today	No candy today	I drank the recommended daily water intake (64 oz.) today	I did 25 sit-ups, push-ups and/or jumping jacks today
SATURDAY November 10	I went for a walk with a walking buddy/group today	I did 50 sit-ups, push-ups and/or jumping jacks today	I spent 45 minutes being active today	I ate 1 serving of yellow or red veggies today	I checked a food label to determine the correct portion size	I tracked my calories today and stayed within my recommended daily range	I ate 2-3 servings of non-fat or reduced-fat dairy (i.e. milk, cheese or yogurt)
SUNDAY November 11	I drank fat-free or low-fat (1%) milk today (or milk substitute)	FREE CHOICE Activity for 30 minutes today	I tried a new exercise today	I practiced positive-thinking and self-talk today	I ate at least 2 servings of fruit today	I tracked my calories 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.