

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

Fit-4-Fall Bingo

WEEK 8

MONDAY November 12	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	I ate at least 2 servings of fruit today	I spent 30 minutes being active today	No soda pop today	I didn't skip breakfast today	I practiced positive-thinking and self-talk today
TUESDAY November 13	I ate at least 2 servings of veggies today	I ate 2-3 servings of non-fat or reduced-fat dairy (i.e. milk, cheese or yogurt)	I packed a healthy lunch instead of eating out	FREE CHOICE Activity for 30 minutes	I did 25 sit-ups, push-ups and/or jumping jacks today	No sweets today (i.e. candy, pastries, desserts, etc.)	I got 7-8 hours of sleep last night
WEDNESDAY November 14	I didn't skip breakfast today	No soda pop today	I spent 30 minutes being active today	No fast food today	I ate a lean meat/protein (i.e. chicken, fish, turkey or tofu)	I drank fat-free or low-fat (1%) milk today (or milk substitute)	I read the Weekly Wellness E-Newsletter
THURSDAY November 15	FREE CHOICE Activity for 30 minutes today	I did 25 sit-ups, push-ups and/or jumping jacks today	I packed a healthy lunch instead of eating out	Cheat Day! (Free Space)	I ate at least 2 servings of veggies today	I practiced positive-thinking and self-talk today	I ate at least 2 servings of fruit today
FRIDAY November 16	I practiced healthy hand hygiene today (washing hands regularly)	I got 7-8 hours of sleep last night	I ate 2-3 servings of non-fat or reduced-fat dairy (i.e. milk, cheese or yogurt)	I spent 30 minutes being active today	I tracked my calories today	I ate at least 2 servings of fruit today	No soda pop today
SATURDAY November 17	I did 25 sit-ups, push-ups and/or jumping jacks today	I ate at least 2 servings of fruit today	I chose a whole wheat alternative (i.e. whole wheat bread instead of white bread)	I parked at least 100 yds. from my destination	I ate 2-3 servings of non-fat or reduced-fat dairy (i.e. milk, cheese or yogurt)	FREE CHOICE Activity for 30 minutes today	I checked a food label to determine the correct portion size
SUNDAY November 18	I tracked my calories today <u>and</u> stayed within my recommended daily range	FREE CHOICE Activity for 30 minutes today	I did 25 sit-ups, push-ups and/or jumping jacks today	I ate a lean meat/protein (i.e. chicken, fish, turkey or tofu)	I drank fat-free or low-fat (1%) milk today (or milk substitute)	I cut my caloric intake by 100 calories today	I ate at least 2 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.