



BINGO CHALLENGE

REGISTER ON THE VIRTUAL HEALTH FAIR WEBSITE	MEDITATE FOR FIVE MINUTES	STRETCH FOR FIVE MINUTES	TAKE A WALK BETWEEN MEETINGS
STOP USING SCREENS ONE HOUR BEFORE BED	READ FOR 20 MINUTES	COOK A HEALTHY MEAL	TRY A NEW PHYSICAL ACTIVITY
TURN OFF SOCIAL MEDIA FOR A DAY	FREE SPACE	VISIT AT LEAST ONE VENDOR BOOTH	GET 7+ HOURS OF SLEEP
DECLUTTER YOUR WORK EMAIL INBOX	EAT LUNCH AWAY FROM YOUR DESK	VISIT AT LEAST ONE VENDOR BOOTH	SET A SMALL SAVINGS GOAL

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