

Winter 2023 SHAPE Bingo!

Your Name for [Week 1](#) drawing:

Directions: Each time you complete a square, date it, and put an “X” over it! Aim for one Bingo per week!

If you complete any squares, submit your board to enter the weekly drawing.

NEW: Get more Bingos and earn up to 5 extra prize entries.

Submit your bingo board online or to your SHAPE rep. **by 3pm Friday each week** and get your new bingo board.

of Bingos
(*Max: 5)

Week 1 - Friday, January 20-Friday, January 27 (3pm)

B	I	N	G	O
<p>Floss Like a Boss Get that floss out and give your teeth some TLC Date: _____ *Physical Wellness</p>	<p>Clean Out Your Pantry Get rid of expired products and notice what needs to be consumed soon Date: _____ *Physical Wellness</p>	<p>Accountability Partner Find someone (co-worker, spouse, partner, child, etc.) to push you along with activities on the board this week. Date: _____ *Emotional Wellness</p>	<p>Fruit-City Eat 2 servings of fruit today Date: _____ *Physical Wellness</p>	<p>Kindness Counts Perform 1 random act of kindness Date: _____ *Emotional Wellness</p>
<p>Enjoy a Winter Treat Make a hot chocolate, warm tea, or something delightful Date: _____ *Emotional Wellness</p>	<p>Knock It Off Complete a task you put off Date: _____ *Emotional Wellness</p>	<p>Schedule It Schedule exercise plans for the week. Date: _____ *Physical Wellness</p>	<p>“Me” Time Do something relaxing Date: _____ *Emotional Wellness</p>	<p>Believe Pick a positive word to guide your day Date: _____ *Emotional Wellness</p>
<p>“Tune-Up” Schedule your 2023 annual physical exam. No date needed, just “X” *Physical Wellness</p>	<p>Sweet Dreams Get off your cell phone 1 hour before bed for better sleep Date: _____ *Physical Wellness</p>	<p>PLAY SHAPE BINGO & SMILE! FREE SPACE!</p>	<p>Go for H2O Stay hydrated – drink 32 ounces of water (4 cups) Date: _____ *Physical Wellness</p>	<p>Reach Up Arms to the side, Thumbs up, arms up 3x Date: _____ *Physical Wellness</p>
<p>Cut the Clutter Get rid of some clutter at work or home Date: _____ *Emotional Wellness</p>	<p>Keep in Touch Contact 1 person you haven’t in a while Date: _____ *Social Wellness</p>	<p>Veggie Delight Have two servings of vegetables today Date: _____ *Physical Wellness</p>	<p>Move It Go for 30 minutes of physical activity today Date: _____ *Physical Wellness</p>	<p>Brain Time Read something to stimulate brain cells Date: _____ *Intellectual Wellness</p>
<p>Create An Emergency Vehicle Kit SHAPE will provide a list Date: _____ *Physical Wellness</p>	<p>Close Your Eyes Take three deep breaths (long inhales and exhales) Date: _____ *Emotional Wellness</p>	<p>Healthy Snack Eat a healthy snack today Date: _____ *Emotional Wellness</p>	<p>Emotional Intelligence Read, try, or watch a video from Liv. Co. Training and Pro. Dev. Program Date: _____ *Occupational Wellness</p>	<p>Upbeat Write down something positive about your day Date: _____ *Emotional Wellness</p>