


Sanford School Department
February Staff Wellness Bingo Challenge

B	I	N	G	O
Do something you love	Use a reusable water bottle to stay hydrated	Go cross country skiing, snowshoeing or for a nature walk	Eat both a fruit and a vegetable for lunch	Do something nice for a colleague
Take a 5-minute walk during lunch or your prep period	Limit soda to 2 times a week	No screen time one hour before bed	Fill up your dinner plate with vegetables	Personal wellness choice:
Put on some music and dance while you do housework	Get over 10,000 steps in one day		Get the recommended 150 minutes of physical activity in 1 week	Read a new book for pleasure
Drink green tea	Pay it forward	Try a new workout routine	Have a good laugh	Get 8 hours of sleep
Include whole grains in your lunch	Practice meditation	Participate in a random act of kindness	Call or Zoom a family member or friend	Limit screen time to 2 hours today

How to Play:

- 1.) Challenge starts February 6th
- 2.) Color or mark an "X" on the activities you complete on the BINGO card.
- 3.) Each line will give you an entry into the drawing for prizes. (Lines can be vertical, horizontal, or diagonal.)
- 4.) Before the February 17th deadline, send your card (email) to Central Office
 Attn: Deb Sanborn.

Name:
