



Wellness Bingo

TOOK A SHOWER	GOT DRESSED	CAUGHT UP WITH FRIENDS ON VIDEO CONFERENCE	DID 15 MINUTES OF PHYSICAL ACTIVITY	COMPLIMENTED MYSELF
5 DEEP BREATHS	ATE GOOD FOOD	WORE PANTS (WITH A ZIPPER)	HAD FUN	ASKED FOR HELP
TOOK AN HOUR BREAK	DRANK WATER	<i>Free</i>	TAKE A SOCIAL MEDIA BREAK	MADE A SMOOTHIE
COMPLIMENTED SOMEONE	GOT 8 HOURS OF SLEEP	WROTE DOWN THREE GOALS FOR THE DAY	WALKED OUTSIDE FOR FRESH AIR	FOLLOWED CANADA'S FOOD GUIDE FOR A FULL DAY
DANCE PARTY	LAI ON THE FLOOR	SANITIZED SURFACES	WROTE DOWN IN MY JOURNAL	SING YOUR FAVOURITE SONG

POSITIVE
VIBES

Complete all of the items on the scorecard to win! We need three pics/video to prove your efforts and extra points for making us laugh! The site with the most completed scorecards by Friday will win a mystery prize!

