NOTE - to add your images, you will need to download and open this form outside of your internet browser.

Northern COLLEGE
WellNorth

WELLNESS BINGO

Your goal - to complete **as many rows as possible** either vertically, horizontally, or diagonally! Every row you complete earns your team a point!

To prove you have completed the tasks, please click on the tile and upload a picture as proof. Cards are to be returned by **DATE** to wellnorth@livunltd.com.

For this challenge, there is a limit of 2 rows per card. Each row is a draw entry.

If you run into any troubles, reach out to us at wellnorth@livunltd.com. Some items will require you to have a WellNorth Membership (not to worry, it is free!)

Have a Garden Salad Show us your salad! Get creative!	**Go for a walk after dinner** Show us where you walked!	**Take your time eating a meal** Show us your meal. Take at least 20 min to eat.	**Take a WellNorth class** Show us the class you took!	**Eat 7 Veggies in One Day** Show us some of them!
Talk a Walk on your Break Show us where you walked.	**Eat 7 Fruits in One Day** Show us some of the fruits you ate!	**Take a Walk Before Work** Show us where you walked	**Protein at every meal for one day** Show us the fav protein you ate today	**Track Your Eating for 1 day** Show us some of your tracking
Drink only water for one day Show us your water bottle!	**Add a vegetable to your breakfast** Show us!	**Go for a Group Walk at work!** Snap a group selfie!	**Clean out your pantry** Show us the after!	**Try Mind on WellNorth** Show us where you sat
Do 15 minutes of stretching Show us where you stretched	**Add tofu to a meal this week** Show us what you made!	**Do an ab workout** (check out Stackable Workouts in WellNorth On Demand) Show us which workout you did	**Go for an evening walk** Show us where you walked	**Do a workout** Show us what you did!
Get Active with Friends/Family What did you do/where did you go?	**Walk 10 000 steps in 1 day** Lets see those steps!	**10 squats every hour at work today** Where did you squat?	**Drink at least 80 oz of water in one day** Show us your water bottle / cup	**No electronics 1 hours before bed** Show us what you did instead