

# Wellness BINGO

Go for an outdoor walk	Journaling session	Read an article related to your career field or interests	Attend a local event in your city/town	Volunteer
Join a club	Take an online course/class	Set a professional goal for yourself	Do a yoga class	Get 7-9 hours of sleep tonight
Download the Yuka App	Write down 5 things your grateful for		Play a boardgame with family or friends	Stretch today
Do the Wordle today	Listen to a podcast episode	Read Intuitive Eating by Evelyn Tribole and Elyse Resch	Make a list of your talents, skills, and strengths	Eat a fruit or vegetable with each meal today
Read What You're Really Meant to Do by Robert Steven Kaplan	Do a puzzle	Create a personal code of ethics	Wash your face	Read about a current event

