



# Pandemic PHE



# B I N G O

Name: \_\_\_\_\_

After you complete a healthy option below, write the date on top of the square. Every line completed equals an entry in a draw for some exciting limited-edition Kelly Road SWAG or other prizes TBA!

Looking for a bonus entry? Send us a picture of you completing one of these squares for another chance at winning.

Send in whatever you have completed by Sunday, June 14<sup>th</sup>.

Completed workout on the Nike App	Did not have candy, pop, or an energy drink for 24 hours in a row	Did something active with someone in my family	No social media for 24 hours (Instagram, Tik Toc, etc.)	Completed the strength workout I created for this class or one off any app
Completed workout from <b>any app other</b> than the Nike App	Went for hike for more than 30 minutes	Did active chores around house or cabin for more than 30 minutes	Went for run for more than 20 minutes	Used electronics for less than 2 hours in one day
Used electronics for less than 2 hours in one day	Completed the strength workout I created for this class	Slept for 8 hours or more in one night	Completed workout on the Nike App	Did a socially-distanced activity with a friend other than a member of my family
Briskly walked (or jogged) with dog or friend (sorry cat lovers!)	Did a socially distanced activity with someone in my social circle.	Completed workout from <b>any app other</b> than the Nike App	Went for Bike Ride/Scooter/Skateboard for more than 30 minutes	Did not vape or use tobacco products for 48 hours in a row
Completed the strength workout I created for this class	Went for Bike Ride/Scooter/Skateboard for 30 minutes	Did something active with someone in my family	Went to work for more than 2 hours	Ate at least three servings of fruits and vegetables in one day