

# Elf4Health Bingo

Name: \_\_\_\_\_  
Phone or email: \_\_\_\_\_

## November 29-December 21 ALL AGES - EVERYWHERE!

Our Christmas health challenge features 4 different categories: Food, Fitness, Others, You. Grab a Bingo card and start the Monday after Thanksgiving running through December 21. Complete a row and turn in your form. First form turned in will win a special prize! Complete as many cards as you like. Special drawing at the end of the challenge for the new "Training for a Healthy Life" health journal to help you start the new year off right! The holidays can be a hard time to stay focused and motivated, so let's do this together! Drop your form off at any local branch or snap a pic and email it to us at [pkp@pcls.fyi](mailto:pkp@pcls.fyi).

TRY A NEW SMOOTHIE RECIPE AND ADD A HANDFUL OF SPINACH	TRY A NEW WORKOUT	WRITE DOWN 5 THINGS YOU'RE GRATEFUL FOR TODAY	TAKE 2 WALKING BREAKS DURING YOUR DAY	DO A 1 MINUTE PLANK (2 IF YOU FEEL LIKE A CHALLENGE)
LISTEN TO A NEW PODCAST AROUND A SKILL OR TOPIC YOU WANT TO LEARN MORE ABOUT	MEAL PLAN & PREP FOR THE NEXT WEEK	TRY A NEW HEALTHY DINNER RECIPE	PICK A NEW BOOK AND READ FOR 15 MINUTES TODAY	SHARE A HEALTHY SNACK WITH SOMEONE
PARK IN A FAR AWAY SPOT TO GET IN SOME EXTRA STEPS	DRINK 2 FULL GLASSES OF WATER BEFORE YOUR AM COFFEE	BUNDLE UP AND TAKE YOUR WORKOUT OUTSIDE TODAY	FIND A WAY TO PAY IT FORWARD	HAVE A FITNESS DATE WITH A FRIEND
DO SOMETHING FOR YOURSELF TODAY	GET 8 HOURS OF SLEEP	CREATE A NEW PLAYLIST TO JAZZ UP YOUR WORKOUT	ADD A NEW VEGGIE TO DINNER TONIGHT	SKIP THE DRIVE-THRU AND PACK A HEALTHY LUNCH TODAY
REST TODAY	TAKE 15 MINUTES TO JUST STRETCH	DIGITAL DETOX TODAY (NO SOCIAL MEDIA)	GO MAKEUP FREE TODAY	TELL SOMEONE THAT YOU'RE THANKFUL FOR THEM

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