

1st Qtr. 2017

(January – March)

FITGO Bingo!

FITGO Bingo is played just like regular bingo – with a twist!

Receive Wellness Program Points for every completed activity.

After completing an activity, initial the box. Each initialed box is a completed square.

Complete a row, column or diagonal to earn **\$25 Gift Card**. (max of 1 per quarter)

Black-Out your **FITGO** squares to earn **\$50 Gift Card**.

Submit your 1st Qtr. 2017 **FITGO Bingo** card to wellness@aura-astronomy.org by **April 7, 2017**. Don't forget to write your name and location below.

F	I	T	G	O
Answer the 3 Men's and Women's Health Enhancement Colorectal Cancer Questions <input type="checkbox"/> Q1 <input type="checkbox"/> Q2 <input type="checkbox"/> Q3	Start your day with yoga, stretch or meditation for 3 times per week for 1 week <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Try a January Fruit and Veggie of the Month <i>(see calendar)</i> <input type="checkbox"/> Fruit <input type="checkbox"/> Veggie	Go out of your way to do something really nice for someone else <input type="checkbox"/> Complete	Attend a Wellness Webinar / Workshop <input type="checkbox"/> Complete
10 Points <i>Initial here</i>	5 Points <i>Initial here</i>	5 Points <i>Initial here</i>	5 Points <i>Initial here</i>	10 Points <i>Initial here</i>
Turn off/put away all electronic devices at least 1 hr. before bed for 1 week <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Weigh Out for Maintain Don't Gain in January 2016 <input type="checkbox"/> Complete	Stimulate your brain by reading a book or working on a puzzle <input type="checkbox"/> Complete	Eat 3-5 (1 cup) servings of green vegetables a day for 1 week <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Try a March Fruit and Veggie of the Month <i>(see calendar)</i> <input type="checkbox"/> Fruit <input type="checkbox"/> Veggie
5 Points <i>Initial here</i>	10 Points <i>Initial here</i>	5 Points <i>Initial here</i>	5 Points <i>Initial here</i>	5 Points <i>Initial here</i>
Try a February Fruit and Veggie of the Month <i>(see calendar)</i> <input type="checkbox"/> Fruit <input type="checkbox"/> Veggie	Drink half your weight in oz of water for 1 week <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Complete Men's and Women's Health Enhancement Heart Disease Self-Exam <input type="checkbox"/> Complete	Get at least 7-9 hours of sleep per night for 1 week <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Give up candy or dessert for 1 week <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
5 Points <i>Initial here</i>	5 Points <i>Initial here</i>	10 Points <i>Initial here</i>	5 Points <i>Initial here</i>	5 Points <i>Initial here</i>
Try or reintroduce a new fitness activity <input type="checkbox"/> Complete	Eat 3-5 servings of fruit a day for 1 week <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Bring your lunch to work every day for 1 week <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Get your Blood Pressure Checked 3 times <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Get a massage <input type="checkbox"/> Complete
5 Points <i>Initial here</i>	5 Points <i>Initial here</i>	5 Points <i>Initial here</i>	10 Points <i>Initial here</i>	5 Points <i>Initial here</i>
Take a hike on a local trail or take a group walk <input type="checkbox"/> Complete	Watch less than 2 hours of TV a day for 2 weeks <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Keep a Food Log for 7 days <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Exercise for 30 minutes per day, 3 times per week for 1 week <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Attend a Welcoaz Health Coaching session <input type="checkbox"/> Complete
5 Points <i>Initial here</i>	5 Points <i>Initial here</i>	5 Points <i>Initial here</i>	5 Points <i>Initial here</i>	10 Points <i>Initial here</i>

Name: _____

Location: Tucson Kitt Peak Boulder Sunspot

