

# 1<sup>st</sup> Qtr. 2018 (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 Amazon Gift Card** (max of 1 per quarter)

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

Submit your 1<sup>st</sup> Qtr. 2017 **FITGO Bingo** card to [wellness@aura-astronomy.org](mailto:wellness@aura-astronomy.org) by **April 10, 2018**.

*Don't forget to write your name and location below.*

| F  |              | I  |              | T  |              | G  |              | O  |              |
|--|--------------|--|--------------|--|--------------|--|--------------|--|--------------|
| Participate in the Coach Led Activity<br><input type="checkbox"/> Complete   |              | Start your day with yoga, stretch or meditation for 3 times per week for 1 week<br><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>  |              | Try a February Fruit and Veggie of the Month (see calendar)<br><input type="checkbox"/> Fruit <input type="checkbox"/> Veggie  |              | Go out of your way to do something really nice for someone else<br><input type="checkbox"/> Complete   |              | Attend a Wellness Webinar / Workshop<br><input type="checkbox"/> Complete  |              |
| <b>5 Points</b>  | Initial here | <b>5 Points</b>  | Initial here | <b>5 Points</b>  | Initial here | <b>5 Points</b>  | Initial here | <b>10 Points</b>   | Initial here |
| Turn off/put away all electronic devices at least 1 hr. before bed for 1 week<br><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |              | No soda or energy drinks for 1 Week<br><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>   |              | Stimulate your brain by reading a book or working on a puzzle<br><input type="checkbox"/> Complete   |              | Eat 3-5 (1 cup) servings of green vegetables a day for 1 week<br><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 (see calendar)<br><input type="checkbox"/> Fruit <input type="checkbox"/> Veggie   |              |
| <b>5 Points</b>  | Initial here | <b>10 Points</b>   | Initial here | <b>5 Points</b>  | Initial here | <b>5 Points</b>  | Initial here | <b>5 Points</b>  | Initial here |
| Healthy Breakfast! Eat within 45 minutes of waking up for 1 Week<br><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>              |              | Drink half your weight in oz of water for 1 week<br><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>  |              | Weigh In for the Team Weight Loss Challenge on February 27th<br><input type="checkbox"/> Complete  |              | Get at least 7-9 hours of sleep per night for 1 week<br><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<br><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |              |
| <b>10 Points</b>   | Initial here | <b>5 Points</b>  | Initial here | <b>10 Points</b>   | Initial here | <b>5 Points</b>  | Initial here | <b>5 Points</b>  | Initial here |
| Try or reintroduce a new fitness activity<br><input type="checkbox"/> Complete   |              | Eat 3-5 servings of fruit a day for 1 week<br><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<br><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>   |              | Get your Blood Pressure Checked 3 times<br><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>  |              | Get a massage<br><input type="checkbox"/> Complete   |              |
| <b>5 Points</b>  | Initial here | <b>5 Points</b>  | Initial here | <b>5 Points</b>  | Initial here | <b>10 Points</b>   | Initial here | <b>5 Points</b>  | Initial here |
| Take a hike on a local trail or take a group walk<br><input type="checkbox"/> Complete   |              | Watch less than 2 hours of TV a day for 2 weeks<br><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <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<br><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<br><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>   |              | Attend a Welcoaz Health Coaching session<br><input type="checkbox"/> Complete  |              |
| <b>5 Points</b>  | Initial here | <b>5 Points</b>  | Initial here | <b>5 Points</b>  | Initial here | <b>5 Points</b>  | Initial here | <b>10 Points</b>   | Initial here |

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

Location:  Tucson  Kitt Peak  Boulder  Sunspot

