

2nd Qtr. 2017 (April - June) 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 2nd Qtr. 2017 FITGO Bingo card to wellness@aura-astronomy.org by **July 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 Metabolic Syndrome Questions <input type="checkbox"/> Q1 <input type="checkbox"/> Q2 <input type="checkbox"/> Q3		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"/> <input type="checkbox"/>		Try a May 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		Take a hike on a local trail or take a group walk <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>	5 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"/> <input type="checkbox"/>		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"/>		Complete the IH 6 Month Screening <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"/> <input type="checkbox"/>		Try a April Fruit and Veggie of the Month <i>(see calendar)</i> <input type="checkbox"/> Fruit <input type="checkbox"/> Veggie	
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 a June Fruit and Veggie of the Month <i>(see calendar)</i> <input type="checkbox"/> Fruit <input type="checkbox"/> Veggie		Complete the Walking Challenge <i>(starting April)</i> <input type="checkbox"/> Complete		Complete all 3 Men's and Women's Health Enhancement Depression Self-Exams <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"/> <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"/> <input type="checkbox"/>	
5 Points	<i>Initial here</i>	25 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"/> <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"/> <input type="checkbox"/>		Attend a Wellness Webinar / Workshop <input type="checkbox"/> Complete		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>
Complete Men's and Women's Health Enhancement Diabetes Self-Exam <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"/> <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	
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>

Name: _____

Location: Tucson Kitt Peak Boulder Sunspot

