

HEALTHY CAMPUS BINGO

INSTRUCTIONS



Complete healthy activities on your BINGO card for a chance to win some raffle prizes.



Earn a point for each horizontal, vertical, or diagonal BINGO line completed.



Complete blackout (all activities) to earn 10 extra points.



Submit completed BINGO card to wellness.ucr.edu by September 1, 2020.

For any questions , please contact:
Julie Chobdee, Wellness Program Coordinator at
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U C R I V E R S I D E

HEALTHY CAMPUS BINGO

Eat Fruit	Wash Your Hands	Go For A Walk	Morning Stretch	Read A Book
Make A Homemade Meal	Meditate For 10 Minutes	Wipe down countertops	Do Breathing Exercises	Exercise For 30 Minutes
Wash Your Car	Sleep For 8+ Hours	FREE	Do A Partner Workout	Do an Evening Stretch
Ride A Bike	Eat Lunch Outside	Dance For 30 Minutes	Drink 8 Cups Of Water	Wear A Mask
Go On A Hike	Eat Breakfast	Take The Stairs	Do 20 Sit-ups	Try A New Vegetable