

# city 2025 Virtual Health & Wealth Fair Bingo

Physical Health	Mental Well-being	Financial Wellness	Preventative Care	Community & Work-Life Balance
Take a 30-minute walk <input type="checkbox"/>	Make a grateful list <input type="checkbox"/>	Cancel 1 subscription service that you don't use <input type="checkbox"/>	Complete a biometric screening (within past 12 months) <input type="checkbox"/>	Attend 1 live demo at the health fair <input type="checkbox"/>
Work out 3x this week <input type="checkbox"/>	Give 3 compliments to coworkers <input type="checkbox"/>	Save \$100 for emergency fund <input type="checkbox"/>	Get a flu Shot (within past 12 months) <input type="checkbox"/>	Help a friend or volunteer at a local organization <input type="checkbox"/>
Prep a healthy meal <input type="checkbox"/>	Journal for 15 minutes 3x this week <input type="checkbox"/>	Check your credit score <input type="checkbox"/>	Use sun screen, even a on cloudy day <input type="checkbox"/>	Declutter 1 area off your home <input type="checkbox"/>
Try a stretching exercise <input type="checkbox"/>	Create a new family tradition <input type="checkbox"/>	Go 1 week without eating out (including take-out) <input type="checkbox"/>	Get 7+ hours of sleep 3x this week <input type="checkbox"/>	Try a new hobby <input type="checkbox"/>
Drink 8 glasses of water today <input type="checkbox"/>	Take a social media break 2 hours before bedtime <input type="checkbox"/>	Write 3 short-term savings goals and a plan to achieve them <input type="checkbox"/>	Complete annual wellness exam (within past 12 months) <input type="checkbox"/>	Read or listen to a book <input type="checkbox"/>