

Employee Wellness

BINGO

30 Days of Challenges

February 19 – Mar 20

Secret 007 Do a nice thing for someone	Plan a Sabbath outing	Put together a puzzle	Give a "Pickle" to a student	Clean out Clutter
Read a book	Go on a Sabbath outing	Watch a comedy show or movie	Learn a new skill	Go to bed early for extra zzz
Call a loved one to catch up	Listen to a podcast or webinar	Check out the Employee Wellness website	Take a nap	Volunteer
Explore a new hobby	Give yourself a compliment	Go for a walk or run outdoors	Drink water when you wake up	Cut down on screen time
Mail Hold No work emails after 8:00 pm	Give someone a compliment	Try out a new recipe	Finish something you've been putting off	Sleep at night without your phone

Each box is worth (1) point. Your points will determine how many raffle entries you will receive to win gift cards.

1-6 boxes = one entry

7-13 boxes = two entries

14-20 boxes = three entries

21-24 boxes = four entries

25 boxes = 10 entries