



## WINTER WELLNESS BINGO

Complete a row, column, diagonal, or fill the entire card. Mark each activity as you complete it and write the completion date on your card. Email your finished card to [megan.cooperman@montgomerycollege.edu](mailto:megan.cooperman@montgomerycollege.edu) by **Wednesday, January 7, 2026**.

Take a 20–30 minute walk	Eat healthy snacks for a week	Help a friend, family member, or stranger	Set a 2026 wellness goal	Drink 7–8 glasses of water in one (1) day
Declutter or organize a closet, room, or bag	Do 12–24 squats or knee lifts	Sleep 7–8 hours	Schedule your 2026 annual physical or dental cleaning	Limit screen time for half a day
Perform a random act of kindness	Spend 30 minutes outside	<b>FREE</b>	Try a new exercise or wellness class	Write down five (5) things you are grateful for
Drink an eight (8) oz. glass of water in the morning	Eat a healthy breakfast	Ride your bike, walk, dance to 3 songs, or plank 30–60 seconds	Say something kind to another person	Practice mindful breathing. Inhale for four (4) counts, hold for seven (7), and exhale for eight (8) counts
Walk 10,000 steps in a day	Try five yoga poses or stretches	Reach out to someone you love or care about	Eat green vegetables in one meal daily for a week	Celebrate an accomplishment

### Raffle Entries

- One (1) entry for completing one (1) row or column
- Two (2) entries for completing two (2) rows or columns
- Four (4) entries for completing the entire card

For disability accommodations, please contact [Megan Cooperman](mailto:Megan.Cooperman@montgomerycollege.edu).