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Check-in on your family's physicals



Journal 3 good things



Say thank you to a health care hero



Check out the library



Get the MyUnityPoint app



Schedule "me" time



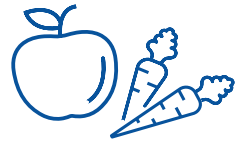
Perform a random act of kindness



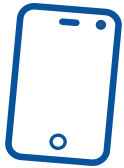
Leave a care package for a friend



Make a positive comment on a friend's post



Eat an extra fruit/veggie



Declutter your apps

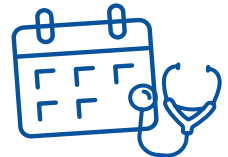


Compliment a co-worker

FREE



Take a bike ride



Schedule an annual physical



Take a bath



Get the COVID-19 vaccine



Take a nap



Mediate or perform yoga



Add a leafy green to your smoothie



Watch a new sitcom



Turn on music & dance



Take an extra walk



Plan ahead to an event



Text an old friend

Spring is a great time to clean and prepare for the months ahead. While you're getting organized, don't forget about the health of family, friends and, most importantly, YOU. Use this bingo card to clean up your health and have fun along the way!

HOW TO PLAY: Mark off boxes to complete a bingo. Try getting five in a row, four corners or the entire page for a blackout. Ready, set... binGO!