

Name: _____



BINGO!

Walk a new trail	Drink half your body weight in water	Eat healthy all day	Be somebody's workout partner	Try a new healthy recipe
Visit a Farmers Market	Try a new healthy food	Exercise for an extra 15 minutes	Park at the furthest parking spot and walk in	No added sugars for one day
Add 20 squats to your normal exercise routine	Mix up your routine by biking or swimming	Plan healthy snacks for 3 days in one week	Stretch 4 nights this week	Get a good night's sleep 3 times this week
Wash your hands before you eat	Try a new exercise	Send us a picture in your Walk Kansas tee	Repeat one of the other squares	Learn a new yoga pose and practice it 3 times this week
Do a silly dance	Practice one thing that helps you relax	Make half your grains whole grains at least one day	Explore a new trail	Email us a success story about Walk Kansas.