

# OUTCAN Wellness Bingo

<b>B</b>	<b>W</b>	<b>E</b>	<b>L</b>	<b>L</b>
Try a new recipe	Plant something inside or outside	Explore the night sky	Complete at least one <a href="#">CAF Fitness workout</a>	Drink at least 1.5 litres of water
Find a new hiking trail	Go for a walk or bike ride	<a href="#">Meditate for at least 10 mins</a>	Dance to your favorite song	Choose an unhealthy habit to quit
Do an activity that makes you sweat	Listen to a wellness podcast	<b>FREE SPACE</b> (give yourself a break)	Practice a sport-specific skill	Make a healthy smoothie
Try a new vegetable	<a href="#">Do yoga</a>	Go for a paddle	Try a new fruit	Unplug for an entire day
<a href="#">Take a forest bath</a>	Try a new activity	Get at least 8 hours sleep	Identify a new bird species	Walk or bike instead of driving on an errand

1. Try to fill in one line each week;
2. For every line completed your name will be entered into a draw;
3. Highlight each completed activity;
4. One card per family or per individual;
5. Aim for one activity each day;
6. Activities can't be combined to count for more than one square (for example finding a new hiking trail and go for a walk at the same time only count for one activity);
7. Send your card to [Cirka.Todd@cfmws.com](mailto:Cirka.Todd@cfmws.com) each Monday in order to be entered into the draw;
8. Challenge yourself and have fun! <https://www.facebook.com/pspoutcan/videos>