University of Wyoming | Campus Recreation Wellness Center

Wellness Bingo!

Find a recipe on CampusWell's UCookbook and make it	Make a smoothie	Meal prep one meal/snack for the week	Eat intuitively	Have a facetime/zoom dinner date with your romantic partner or your friends
Meditate for 10 minutes every day for a week	Write down 3 things you're grateful for every day for a week	Spend 1 hour away from screens every day for a week (no phone, tv, laptop, etc...)	Reach out to someone you haven't talked to in a while	Write a letter to a partner or a loved one
Watch and follow along to one of our fitness videos on YouTube	Exercise for at least 30 minutes every day for a week	Follow us on Facebook and Instagram	Go outside and take a 30 minute walk	Create a workout playlist
Set a consistent sleep schedule	Create a daily routine	Complete a task/project you have been putting off	Organize one room, closet, or space in your house/ apartment	Practice one sustainability habit
Check out one of Safe Project's podcasts	Create a budget	Clean out your wallet/purse	Donate to a local food bank or charity	Start building better money habits

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Instructions

In stressful and uncertain times like these, it can be difficult for us to take time each day to practice self-care. This interactive bingo sheet is meant to help with that! Complete this sheet and do activities that will help to promote your overall wellbeing!

Not only will working on this sheet help you to maintain your self-care, but you can also win prizes by completing it! If you complete this bingo sheet, you can win free water bottles, t-shirts, movie tickets (for when the theaters re-open), and more!

To enter to win prizes, you must:

1. Complete your bingo sheet (make sure to initial and date each square once you've completed it!)
2. Share an image of your completed bingo sheet to one of our social media pages (facebook or instagram)
3. Write a short caption on your post about your favorite activity on the bingo sheet and what you did for it/what you enjoyed most about it!

Once you've shared your completed sheet to our social media, we will contact you in order to send you fun prizes!