

## FLORIDA TECH SUMMER 2024 WELLNESS BINGO TABLE!

Participant Name: \_\_\_\_\_

Item Number	Description	Your Action
B1	Eliminate an unhealthy food or drink choice this week.	
I1	Complete something creative. Do you enjoy woodwork, crafts, or other creative activity. Post a selfie of your project and tag @floridatechwellness on Instagram with the hashtag #FLTechCreative or email <a href="mailto:cbruce@fit.edu">cbruce@fit.edu</a>	I posted or emailed?
N1	Walk 5,000 steps 3 times this week.	Dates: _____ Dates: _____ Dates: _____
G1	Walk, bike, skate, or row a trail/waterway. Post a selfie and tag @floridatechwellness on Instagram with the hashtag #FLTechTrails or email to <a href="mailto:cbruce@fit.edu">cbruce@fit.edu</a>	I posted or emailed?
O1	Wear sunscreen when outdoors during the day.	
B2	Go tech free for 2 hours	
I2	Consult with your Lincoln or TIAA consultant for a Retirement Plan Check Up: <a href="#">Schedule with Lincoln</a> <a href="#">Schedule with TIAA</a>	
N2	Sign up with an <a href="#">Embold</a> Provider! Acknowledge on the Bingo Table	
G2	Visit the Botanical Garden on campus. Post a selfie and tag @floridatechwellness on Instagram with the hashtag #FLTechBotanical or email to <a href="mailto:cbruce@fit.edu">cbruce@fit.edu</a>	I posted or emailed?
O2	Choose an area to declutter - email inbox, closet, garage, etc.	
B3	Go one week without fast food	

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I3	<b>REQUIRED SQUARE FOR STRIVE:</b> <b>REQUIRED SQUARE FOR STRIVE:</b> Listen to the <a href="#">Strive Demo Video</a> <b>Complete Quiz</b>	
N3	Park in the furthest spot available at the store or work 3 times.	Dates: _____ Dates: _____ Dates: _____
G3	Support our planet – see if you can go one day using only one or zero single-use plastic	
O3	Get at least 7 hours of sleep 3 times.	Dates: _____ Dates: _____ Dates: _____
B4	Eat fruit or veggies for a snack 3 times:	Dates: _____ Dates: _____ Dates: _____
I4	<b>REQUIRED SQUARE FOR STRIVE:</b> Watch RFL EAP webinar <a href="#">Ready, Set, Relax.</a> <sup>1</sup> <b>Complete Quiz</b>	
N4	Participate in any physical activity for 30 minutes or more.	
G4	Make an effort to reduce your sugar intake for two days.	Dates: _____ Dates: _____
O4	Complete one of the following: annual wellness checkup, dental cleaning, vision screening, dermatologist screening. What and When?	
B5	Drink 8 glasses of water daily for a week.	

<sup>1</sup> This webinar can be accessed by going to [www.resourcesforliving.com](http://www.resourcesforliving.com), Username: ICUBA, Password 8773985816, Tools, Webinars, Webinar Library, Stress Management

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I5	Do something to support our planet, e.g., plant native plants, drive an electric car, pick up litter and post a selfie to @floridatechwellness on Instagram with the hashtag #FLTechSustainability or email to <a href="mailto:cbruce@fit.edu">cbruce@fit.edu</a>	I posted or emailed?
N5	Visit a local park or a beach. State the date and name of the park and send <a href="mailto:cbruce@fit.edu">cbruce@fit.edu</a> a photo.	
G5	Attend a weekly meditation session at WFIT (Wednesdays @12pm) for more information, visit the <a href="#">ENGAGE</a> website.	
O5	Try a new activity or learn a new skill! What is it?	
B6	Try a healthy vegetarian recipe. What was it?	
I6	Read a book or meditate instead of watching TV. Book and Date.	
N6	Participate in Strive Group Challenge or Journey. Which one?	
G6	List 3 things for which you are thankful for	1. _____ 2. _____ 3. _____
O6	Take 10 minutes to stretch and focus on breathing when you feel stressed	