

Progress OVER Perfection

Wellness Wheel Bingo

 Physical	 Nutrition	 Intellectual	 Social/ Emotional	 Financial & Environmental
Go for a walk outside	Drink a cup of hot tea	Read for pleasure for 20 minutes	Call a friend- just to catch up!	Repurpose (and eat!) your leftovers
<u>Attend LiveWell Yoga with Grace (or stream the recording)</u>	Include fruit in your breakfast today	Play a board game or a card game	Listen to your favorite song	Walk or bike somewhere instead of driving
Hold a plank for 30 seconds	Add nuts or seeds to a smoothie, salad, or yogurt	<i>send us your #oneword</i>	Meditate for 12 minutes	Have one meatless day
Do 20 jumping jacks 4 times today	Eat a snack with veggies & dip today	Create something today (art, writing, music)	Write down 3 things you're grateful for	Repurpose or Upcycle something in your house
Stretch for 15 minutes	Spend 60 seconds observing your meal before you start eating	Sleep for 8-9 hours tonight	Write a thank you note to someone who's positively impacted you & mail it	Plan out your meals for the week & write your grocery list

Complete 5 tasks (one from each column)
and be entered to win a fantastic prize!

Complete one task from each category, and email your filled out card to chr.livewellvermont@vermont.gov before Feb 1, 2022 to be entered in the drawing.