

WALK WITH a DOC BINGO CHALLENGE

Meditate or practice mindfulness for 10 minutes	Do something nice for someone else	Get a good night's sleep - at least 7-9 hours	Sign up for the <u>WWAD newsletter</u> or join the <u>Facebook Group</u>	Practice yoga or do stretches for 15 minutes
Eat only whole-food plant-based meals for a full day	Take a 25 minute walk (or roll) at least 4 times in one week	Do this Walk at Home workout: walkwithadoc.org/WAH	Try a new activity or visit somewhere new	Post a picture of you doing a challenge and tag @walkwithadoc
Tell someone about WWAD who didn't know about it already	Start a gratitude journal and write in it at least 5 days	Free!	Set a personal goal and achieve it by the end of the month	Try a new healthy recipe
Take a walk (or roll) with a friend or family member	Find a volunteer opportunity in your community	Visit walkwithadoc.org and read the "Walking Benefits" page	Make water your only drink for a full day	Spend at least 120 minutes outdoors in one week
Call someone you haven't talked to for a while	Strength training 2 times in one week (ie lunges, sit-ups, pushups, squats)	Try a new fruit or veggie	Dance to your favorite song (yes, the whole song!)	Attend a WWAD event or invite a doctor to start a chapter

Each completed line of 5 challenges = 1 ticket for the raffle (up to 12 total)

Submit your completed board by 7/1/23 at walkwithadoc.org/bingo