

B I N G O

FALL WELLNESS CHALLENGE

Presented by the Young Lawyers Division of
The Mississippi Bar

September 7 – November 30, 2021

Complete five prompts that correspond with the boxes in a horizontal, vertical, or diagonal line. Once you have BINGO, submit your completed and signed card to cvirden@maronmarvel.com. Once submitted, you will be entered into a drawing for one of three prizes. Score up to five additional entries by posting a photo of yourself completing a prompt on the YLD Facebook Page!

DRINK 80oz OF WATER PER DAY*	TRY A NEW GROUP FITNESS CLASS (IN-PERSON OR VIRTUAL)	TAKE THE STAIRS INSTEAD OF RIDING THE ELEVATOR*	ELIMINATE SWEETS FOR A DAY*	TAKE A DAILY MULTIVITAMIN
SCHEDULE/ATTEND ROUTINE WELLNESS EXAM WITH YOUR DOCTOR	SCREEN-FREE AFTER 10PM*	PRACTICE MEAL PREPPING HEALTHY LUNCHES FOR ONE WEEK	AVOID PROCESSED FOODS FOR 24 HOURS*	EXERCISE FOR 20 MINUTES OR LONGER TWICE PER WEEK
USE AN APP TO TRACK DAILY FOOD/DRINK INTAKE	EAT LUNCH OUTSIDE OR AWAY FROM YOUR DESK*	FREE SPACE	PARTICIPATE IN A LOCAL 5K RUN/WALK EVENT	PRACTICE YOGA OR STRETCHING FOR 10 MINUTES PER DAY*
TAKE A 30 MINUTE WALK OUTDOORS*	SWAP SODAS/SUGARY DRINKS FOR SPARKLING WATER*	ELIMINATE CAFFEINE FOR A DAY*	GET 7+ HOURS OF SLEEP*	TRY OUT A NEW HOBBY
LIMIT ALCOHOL CONSUMPTION TO ONE DAY PER WEEK	COOK A HEALTHY DINNER AT HOME TWICE PER WEEK	IMPLEMENT A NIGHTLY PRE-BED RITUAL/ROUTINE	READ A BOOK OR LISTEN TO AN AUDIOBOOK	GET YOUR COVID-19 VACCINE

* Indicates a prompt that must be performed 10 or more times in order to receive the BINGO credit for the corresponding box.

Name: _____

E-mail: _____