

B I N G O

SPRING WELLNESS CHALLENGE

Presented by the Young Lawyers Division of
The Mississippi Bar

April 4 – May 16, 2022

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!

TAKE A 30 MINUTE WALK OUTDOORS*	24-HOUR SOCIAL MEDIA FAST*	DECLUTTER ONE ROOM OR AREA IN YOUR HOME	VOLUNTEER WITH A LOCAL ORGANIZATION	TAKE A DAILY MULTIVITAMIN
SCHEDULE/ATTEND COFFEE OR LUNCH DATE WITH A FRIEND	SCREEN-FREE AFTER 10PM*	TAKE THE STAIRS INSTEAD OF RIDING THE ELEVATOR*	JOURNAL FOR FIVE MINUTES PER DAY*	READ A BOOK OR LISTEN TO AN AUDIOBOOK
SEND A HANDWRITTEN CARD OR LETTER TO A LOVED ONE	GET 7+ HOURS OF SLEEP*	FREE SPACE	PARTICIPATE IN A LOCAL 5K RUN/WALK EVENT	PRACTICE YOGA OR STRETCHING FOR 10 MINUTES PER DAY*
DRINK 80oz OF WATER PER DAY*	DISCONNECT FROM UNNECESSARY TECHNOLOGY AFTER 10PM*	COMPLETE A TASK YOU HAVE BEEN AVOIDING	EAT LUNCH OUTSIDE OR AWAY FROM YOUR DESK*	PURCHASE AND MAINTAIN A NEW HOUSEPLANT
PRACTICE MEDITATION FOR 15 MINUTES PER DAY*	PERFORM A RANDOM ACT OF KINDNESS FOR A STRANGER	SUBMIT A RECIPE FOR THE YLD COOKBOOK PROJECT	EXERCISE FOR 20 MINUTES OR LONGER TWICE PER WEEK	TEACH YOURSELF A NEW SKILL

* 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: _____