

Bingo Card ID 004

Step-tember BINGO

Walk to complete an errand	Walk along when a friend walks his/her dog	Walk in place during commercials for a 30-min TV show	Go on a nature walk	Walk around the Wolf Lake Nature Center trail
Get at least 8,000 steps in one day	Walk around the square downtown 2 times	Walk at least 1 lap around the Be Well Path 3 times in one week	Walk your dog 3 times in one week	Walk for 30 minutes in one day
Park in the furthest parking spot and walk in	Walk for 30 minutes per day for 3 days	FREE SPACE	Walk in place during commercials for a 1-hr TV show	Go for a walk in a different area than you normally walk
Walk 3 laps around the Be Well Path	Reach your step goal every day this week	Go on a walk as a family or with friends	Walk to a friend/family member's house	Walk 3 miles in one week
Walk for 20-30 consecutive minutes	Go for a 20 min walk around your neighborhood	Walk 5 miles in one week	Get at least 10,000 steps in one day	Reach your step goal 3 out of 7 days this week

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