

Bingo Card ID 028

Step-tember BINGO

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

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