

Wellness Bingo Challenge

Prioritize your Wellbeing

Celebrate August being National Wellness Month! Join Wellness and Community in our Wellness Bingo journey. Throughout the month of August, pick and complete at least **five** of the activities listed below in any order. No need to actually stick to a diagonal or the same row or column – wellness is about being flexible too 😊

Submit your results in [this Qualtrics link](#) and be entered in a drawing for a chance to win a \$25 gift card. 10 winners will be selected!

Listen to a new podcast or read a new book	Walk at least 10,000 steps in a day	Find out your Diabetes Risk Score (If your score is 5 or higher, check out our DPP Program)	Get at least 8 hours of sleep in a night	Call or video chat with a friend or family member
Unplug from social media for a day	Stretch for at least 15 minutes (Stretching Guide if you need ideas)	Write in a journal	Attend the Financial Wellness Webinar on prioritizing your savings goals on Aug.18	Do at least 20 minutes of yoga
Take the Eat Low Carbon Quiz and learn how your food choices impact the planet	Write down 5 things you are thankful for today	Relax and do something fun that you enjoy	Write a list of your short-term (1 month) and long-term goals (1 year)	Watch at least 1 video from the Resilience and Emotional Well-Being Video Series
Drink at least 8 glasses of water in a day	Do a physical activity for at least 30 minutes	Sign up for a 7-day free trial of Virtual Fitness Classes	Go for a walk for at least 30 mins	Complete a 1-minute plank
Write and send someone a thank you letter or email	Do a 15 min. Mid-Day Mindfulness Meditation (12pm every weekday)	Include a serving of vegetables into each of your meals for the day	Organize your workspace and make sure you are set up ergonomically	Take a course through our UCSF Skillsoft Catalog