

Wellness Bingo

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 stick to a diagonal or the same row or column – wellness is about being flexible too. Need an extra challenge? Try completing the whole grid!

Submit your results in [this Qualtrics link](#) and be entered in a drawing for a chance to win a \$25 gift card. 20 winners will be selected!

Walk at least 10,000 steps in a day	Write in a journal	Create an account at My UC Career and check out the job search and resume building tools	Include a serving of vegetables into each of your meals for the day	Complete one Meatless Monday and eat only vegetarian meals
Explore free Fidelity financial resources: Attend webinars or connect 1-on-1 with a UC planner	Stretch for at least 15 minutes - view this Stretching Guide if you need ideas	Listen to a new podcast or read a new book	Add @UCSF Wellness and Community on Instagram for wellness tips and updates	Do something new that you have always wanted to try
Call, video chat, or spend time with a friend or family member	Share Wellness Bingo with at least 3 other colleagues and help each other get the most squares	Relax and do something fun that you enjoy	Unplug from technology for a day	Get a workout in – Check out free options from Fitness and Recreation
Write down 5 things you are thankful for today	Drink at least 8 glasses of water in a day	Sign up for a 1-Day Free Trial of Baker Fitness Center	Do a physical activity for at least 30 minutes	Thank a colleague through UCSF Recognize
Go for a walk for at least 30 mins	Do a meditation practice of your choice - Mid-Day Mindfulness available 12pm every weekday	Get at least 8 hours of sleep in a night	Take a 3-minute shower. Going from 20 to 3 minute showers saves 26 gallons of water!	Take a course through our UCSF LinkedIn Learning