



Pacific  
Health  
Ministry

# Wellness Challenge Bingo

Complete BINGO in any direction and be entered to win a prize  
Complete the entire board and be entered to win the GRAND PRIZE

Walk 1 mile in an outdoor space	Wear a face mask	Spend time with a loved one (virtually)	Brew a cup of tea	Take to the sea and swim for 30 minutes
Subscribe to PHM's monthly e-newsletter	Cook a healthy meal	Try a new ocean activity	Meditate for 30 minutes	Drink 8, 8-oz glasses of water in one day
Clean the house for 30 minutes	Follow Pacific Health Ministry on Facebook	<b>FREE SPACE</b>	Reach out to a loved one	Opt for a healthy snack, not a sugary one
Sing your favorite song	Read a book or magazine	Share your favorite joke with a friend	Donate \$15 to Pacific Health Ministry	Write someone a thank you or thinking of you note
Practice social distancing	Engage in a 40 minutes of fitness video	Track your sugar intake for a day	Try a new healthy recipe	Take time for your favorite spiritual practice