

Bingo Health

March 1 to March 26, 2021

INDIVIDUAL TRACKING SHEET: POINT CALCULATION BREAKDOWN

Instructions:

1. Refer to the Bingo card for the description of the activities associated for each day of the challenge. Please feel free to adapt the activities based on physical abilities, dietary needs, etc. Remember to follow current COVID-19 public health guidelines.
2. Earn 1 point each day for completing the activity listed on the Bingo card for that particular day.
3. Earn 1 bonus point each day on weeks 2, 3 and 4 if you completed the day's activity for the current week AND the previous week
4. At the end of each week tally the points earned. And at the end of the challenge tally all your weekly points earned.

	Be FREE From Electronics	Interact With Colleagues	Nutrition	Get Going!	Ontrack with Mental Health	Total Weekly Points Earned
	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 1 March 1-5	POWER DOWN 1 point	FACE TO FACE 1 point	HYDRATE 1 point	RUN/WALK/ROLL 1 point	'OM' 1 point	5 points maximum
Points Earned						
Week 2 March 8-12	WALK AWAY 1 point BONUS: POWER DOWN 1 point	KUDOS 1 point BONUS: FACE TO FACE 1 point	JUNK FOOD FREE ZONE 1 point BONUS: HYDRATE 1 point	DANCE PARTY 1 point BONUS: RUN/WALK/ROLL 1 point	LET'S PLAY 1 point BONUS: 'OM' 1 point	10 points maximum
Points Earned						
Week 3 March 15-19	SLEEP WELL 1 point BONUS: WALK-AWAY 1 point	RECONNECT 1 point BONUS: KUDOS 1 point	PLANT-BASED DAY 1 point BONUS: JUNK FREE ZONE 1 point	STRIKE A POSE 1 point BONUS: DANCE PARTY 1 point	PAY IT FORWARD 1 point BONUS: LET'S PLAY 1 point	10 points maximum
Points Earned						
Week 4 March 22-26	HELLO... 1 point BONUS: SLEEP WELL 1 point	ENJOY A BEVERAGE 1 point BONUS: RECONNECT 1 point	AN APPLE A DAY 1 point BONUS: PLANT-BASED DAY 1 point	PUSH IT 1 point BONUS: STRIKE A POSE 1 point	READ 1 point BONUS: PAY IT FORWARD 1 point	10 points maximum
Points Earned						
Total number of points earned - 4 weeks						