

# Healthy Habits Bingo Extended!

*Now extended through the month of May, we are encouraging you to take steps towards improving your health through the Healthy Habits Wellness Challenge! This challenge is designed to support your holistic well-being by focusing on six core areas: physical activity, nutrition, sleep, stress management, hydration, and mental health.*



1. Start anytime.
2. Complete as many activities as you wish over the next 6 weeks.
3. As you complete an activity, mark off the appropriate square. We are encouraging you to take pictures along the way, as we will be sharing internally. Pictures can be submitted to [wellness@ibpllc.com](mailto:wellness@ibpllc.com). Feel free to send them as you do them.
4. Just like BINGO, you “win” by completing 5 activities in a row either vertically, horizontally, or diagonally.
5. Once you get a BINGO, take a picture of your game board and email to [wellness@ibpllc.com](mailto:wellness@ibpllc.com). (enter in subject, BINGO #1 or BINGO #2, etc) You will receive one raffle entry for every BINGO row you complete, up to 5 entries per person, to be entered into a final prize.

## Prizes:

Raffle prizes will be awarded at the end of the challenge.

Please contact [wellness@ibpllc.com](mailto:wellness@ibpllc.com) with any questions along the way and have fun!

We look forward to making new habits together!

