

Read for 20 minutes	Get at least 6 hours of sleep	30 minutes of exercise	Start your day with a glass of water	Random act of kindness
Eat 5 servings of fruits/veggies	Attend a LifeTime exercise class	Set a weekly goal and log results	Call a friend or family member	Spend time outdoors
Keep the TV off all day	Make a healthy breakfast	<hr/> Your Name	Read for 20 minutes	Try a new recipe
Random act of kindness	Start a gratitude journal	Meet someone new	Make a healthy dinner	Take a walk
30 minutes of exercise	Eat 5 servings of fruits/veggies	Spend time outdoors	Get at least 6 hours of sleep	Volunteer or donate to a charity

How to participate

Write your first and last name in the middle “free” space. Complete one or more bingos during the challenge to earn entries into a prize drawing. You may only cross-off one box per day.

1-4 Bingos = 2 entries

5+ Bingos = 3 entries

Bingo starts in April and ends early June. Completed bingo cards can be submitted by email, mail, or at a Lifetime event. Winners will be announced at the June Lunch with a Doctor.

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or

Sparrow LifeTime

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