

NAME: _____



FOUR SEASONS

HEALTH CLUB

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Sleep 7+ Hours in One Night	Swap soda for water or juice for the whole day	Try and new healthy recipe and tell your coworker about it	Turn on your camera for a virtual meeting	List 3 things you're grateful for
Workout 3 or more days in a row	Stand or move for at least 5 minutes every hour during your workday	Declutter or organize your desk or a drawer	Prep a healthy lunch to take to work	Complete the Workout of the Month
Work standing up for at least a half hour	Take a lunchtime walk with a co-worker	<p>FREE</p>  <p>SPACE</p>	Go intentionally "screen-free" for 1-hr before bed	Step outside for sunlight during your workday
Tell a colleague about your favorite workout	Make and enjoy a healthy smoothie	Compliment a coworker	Try a new workout (something you have never done before)	Take a 5 minute stretch break
Start your day with a glass of water, before coffee	Workout for 30 minutes at least 3 days out of the week	Workout with a friend	Take break from all social media for a full day	Eat lunch away from your screen

Each completed row on the bingo card is one entry!

Complete the card for a bonus entry!

E-mail a picture of your completed card to **information@4seasons-club.com**