



WALKING BINGO



Park a lil farther than you normally would

Call a friend or leave a voice memo while walking

5-minute rule!
Walk for just 5 minutes, if you feel good keep going!

Beat your best!
Walk a little farther than you did yesterday

Selfie Stroll:
Snap a selfie on your walk and post it!

The "I don't wanna walk" Walk
Go even when you don't feel like it. Then brag about it!

Take a friend or neighbor on a walk with you.

Pet Walk Party!
Take your dog, cat, lizard, pet rock on an extra long walk.

Grocery Store Lap:
Walk around the perimeter of the store before grabbing a cart

Sunrise or Sunset walk

Notice Nature:
appreciate the beauty around you, snap a pic and tag me!

Listen to a playlist that pumps you up!



Get bored and leave the earbuds at home.

Walk 10 min after every meal.

Color Walk:
how many items of xx color can you find? No doubles!

Pod walk:
listen to a podcast, audiobook

Pick a short errand and walk there instead.

Take a new route!

Find 5 things on your walk that start with the first letter of your name.

Double Trouble!
Walk in the morning and the evening

Two Birds:
Move and do something productive at the same time!

Step it Up:
Add an extra 500 steps to your daily step goal.

Walking streak!
Walk all 5 days in a row!

Skip the elevator and take the stairs every chance you get

**Walk
Everyday**

