



Name: _____

Email: _____

Campus: _____

Back-to-School BINGO

Visited the Gym	Visited a park with friends or family	Rode bike at least 5 miles	Took a Group Fitness or Yoga Class	Took a walking break with a coworker(s)
Went running or jogging	Rode bike to or from work	Kept/started an exercise journal	Registered for Fall Wellcheck	Read an exercise or fitness related book or article
Played a recreational sport (i.e. basketball, tennis, volleyball)	Exercised with a friend or group		Enjoyed being outside	Lifted Weights
Participated in community event: i.e. 5k or Roadrace	Got up from the office chair for a stretch break	Exercised at least 3 days in a week	Printed out extra BINGO sheet for coworker or family	Participated in the Montana Meals September Challenge
Got at least 30 minutes of continuous aerobic exercise	Went Swimming	Started a new exercise routine	Took the stairs instead of an elevator or escalator	Took a Hike!

Can you BINGO? Can you BLACKOUT? Send your BINGO sheet to us by October 1st to enter the challenge. Send to mtchallenge@montana.edu with the subject "Bingo", tweet pic to [@montanamoves](https://twitter.com/montanamoves), or fax sheet to 406-994-2391. Have Fun!