

Participate in the JUNE **Wellness@Work BINGO challenge**. Check off any of the activities that you do and submit your BINGO sheet to [wellnessatwork@uoguelph.ca](mailto:wellnessatwork@uoguelph.ca) at the end of the month. Everyone who participates will be entered into a draw for a prize!



<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Participate in the <a href="#">FHT to Move! activity challenge</a>	Write a thank you email to a colleague or friend	Set 3 goals for your week	Make your bed every morning for a week	Have a virtual dinner date with friends or family
Snap a photo of a beautiful sunset	Learn something new on <a href="#">LinkedIn Learning</a>	Go to bed early and get up on time	Declutter a room or closet in your home	Cook a new recipe you've wanted to try and share it in the <a href="#">Teams group</a>
Start or update your budget	Accomplish 5 to do list items in one day	<b>Free Space</b>	<a href="#">Complete a workout</a> live on @Gryphons_Fitness Instagram	Walk outside for 60 minutes
Read a book for pleasure	Sit in the sun and just listen to the birds	Read a new <a href="#">blog post on the Wellness@Work website</a>	Join a <a href="#">Mood Routes</a> walk on a Friday	Brainstorm ideas for a <a href="#">wellness grant</a> or <a href="#">DHR grant</a>
Do a <a href="#">random act of kindness</a> for someone you don't know	Smile or say hello to a neighbour	Download the Gryph Fit app and join the <a href="#">100k Step Challenge</a>	Register and join an <a href="#">upcoming webinar</a>	Try out the <a href="#">15 minute H.I.I.T. workout</a> shared by Athletics