

HCBA YLD Health and Wellness Challenge



May 1, 2020 – May 31, 2020

Name: _____

| B | I | N | G | O |
|---|---|--|--|--|
| Drink 64 ounces of water each day for a week | Do a virtual workout or yoga class | Go Marie Kondo – declutter your home and share a before and after picture | Try the weekly wellness tip shared on HCBA YLD social media | Stretch for 10 minutes |
| Show a sign of gratitude | Complete a 5K | Call a friend or family member while taking a walk | Read a new book for enjoyment | Make a healthy meal with whatever is in your kitchen |
| Share a wellness post by HCBA or FL Bar on social media | Give someone a compliment | Join HCBA YLD's Wellness Facebook group https://www.facebook.com/groups/hcbayldwellness/ | Do 50 squats and challenge another YLD member on social media to do the same | Avoid screen time 1 hour after waking up and 1 hour before bed and use that time to check-in with yourself |
| Send someone a handwritten note | Listen to a mindfulness podcast and share your favorite with a YLD member | Workout with someone you are social distancing with | Attend YLD Virtual Happy Hour on May 14 th at 5:30 pm | Complete a workout with no equipment (body weight only) |
| Order healthy take out from a local business and share your favorites with a YLD member | Call someone you haven't talked to in a while | Do a 5 minute guided meditation | Break a sweat with a household chore | Make a gratitude list, post it in a conspicuous place and add one item each day for a week |

Rules:

- ❖ Send a picture of your Bingo Card to HCBAYLDWellness@gmail.com of each completed "bingo". Each "bingo" enters you into a raffle.
- ❖ Throughout the Challenge, post pictures of yourself completing the squares or with the Bingo Card on social media with the hashtags #StigmaFreeYLD, #WellLawyer, #HCBAYLD, #FlaYLD, and #KindlyYLD.
- ❖ All submissions due by Wednesday, June 3, 2020.

Participation in the Challenge is voluntary and at your own risk.