

# MIND & BODY BINGO

## *Feel-good Feb!*

AIM TO COMPLETE THE FEEL-GOOD BINGO BOARD THROUGHOUT THE MONTH

DO 30 MINS  
EXERCISE 3 X  
PER WEEK

TRY A NEW  
RECIPE

LISTEN TO A  
GUIDED  
MEDIATION  
BEFORE BED. TRY  
TO ADD THIS IN  
TO YOUR NIGHT  
TIME ROUTINE

DO 20 X SQUATS ON  
THE HOUR, EVERY  
HOUR. THROUGHOUT  
THE WORKING DAY  
(EVEN IF YOU'RE ON A  
WORK/ZOOM CALL...  
GET YOUR  
COLLEAGUES  
INVOLVED!)

CALL OR  
MESSAGE A  
FRIEND FOR A  
CATCH-UP &  
CHECK-IN

WALK/JOG/RUN  
5KM

SHOW  
YOURSELF  
SOME TLC &  
HAVE A  
PAMPER  
EVENING

READ A BOOK  
OR LISTEN TO  
A PODCAST

AIM FOR 8-10K  
STEPS A DAY  
FOR 7 DAYS...  
OR BUILD UP AS  
MUCH AS YOU  
CAN

TREAT  
YOURSELF TO  
A TAKEOUT

GO FOR A SCENIC  
WALK, SOMEWHERE  
YOU'VE NOT  
VENTURED BEFORE.  
WHEN YOU GET  
HOME WRITE DOWN  
3 THINGS YOU  
ENJOYED / SAW.

WATCH YOUR  
FAVOURITE  
FILM

PLAN YOUR MEALS  
FOR THE WEEK  
AHEAD, ADD SOME  
NEW MEALS IN &  
MAKE SURE  
THERE'S A GOOD  
AMOUNT OF FRUIT &  
VEGGIES IN.

BAKE... A  
CAKE, BREAD,  
WHATEVER  
TAKES YOUR  
FANCY

HAVE AN  
EVENING OFF  
PHONES /  
SOCIAL MEDIA.  
DO THIS 3 X IN  
THE WEEK

DRINK 6-8  
GLASSES OF  
WATER PER  
DAY

AS A FRIEND... WRITE A LETTER OFFERING YOUR ADVICE ON HOW TO  
GET THROUGH THESE CHALLENGING TIMES... GIVE IT TO YOURSELF!

READ IT REGULARLY!

HOW DID YOU FEEL COMPLETING  
THE TASKS?

THINGS YOU ENJOYED & WILL  
KEEP UP...