

Wellbeing bingo

Cross off one row or column on this card, and you'll have done the recommended amount of activity for a week. Complete four rows or columns and you'll have done the recommended amount of activity for a month!

Once you've crossed off four rows or columns, send a copy of your entry form to comp@anzcofoods.com and you'll go in the draw to win!

10 minutes of hanging out the washing	15 minutes of cleaning the kitchen	20 minutes of gardening	45 minutes of dancing	60 minutes of walking
15 minutes of gardening	Cook dinner - about 45 minutes	60 minutes of walking	15 minutes of jogging	15 minutes of cleaning the kitchen
60 minutes of walking	30 minutes of dancing	10 minutes of ironing	30 minutes of climbing stairs or hiking	20 minutes of stretching
20 minutes of vacuuming	30 minutes of climbing stairs or hiking	45 minutes of yoga or pilates	40 minutes of walking	15 minutes of jogging
45 minutes of yoga or pilates	30 minutes of stretching	15 minutes of cleaning the kitchen	20 minutes of vacuuming	Cook dinner - about 45 minutes

Name:

Site:

Phone:

Take a photo or scan this entry form and send it to comp@anzcofoods.com by Friday 3 July, and you'll go in the draw to win an ANZCO prize pack!