

# Wellbeing bingo

Cross off everything on this bingo card during the month of June and be in to win!

Eat a healthy breakfast	Drink eight cups of water in one day	Perform an act of kindness for someone	Turn your phone off an hour before bed	Go for a 15-minute walk
Prepare healthy snacks for the next day	Don't drink coffee or tea for one day	Call or text someone you haven't spoken to in a while	Dim your lights 30 minutes before you go to bed	Stretch for 10 minutes
Try a new healthy food or recipe you wouldn't normally eat	Avoid fizzy drinks for one day	Do a puzzle, crossword, or sudoku	Set a regular bedtime and wake-up time, and stick to them for three days	Do 15 squats
Keep a food diary for one day	Have a piece of fruit or berries with breakfast and lunch	Make a playlist of your favourite songs	Have your last caffeinated drink six hours before bedtime	Go for a walk with a friend
Eat five fruit or vegetables in one day	Turn your TV, computer, or mobile phone off for an evening	Do something creative - draw, knit, carve, or something else!	Have your last main meal 2-3 hours before bedtime	Do 15 minutes of yoga or pilates

Name:

Site:

Phone:

Take a photo or scan this entry form and send it to [comp@anzcofoods.com](mailto:comp@anzcofoods.com) by Wednesday 2 July, and you'll go in the draw to win an ANZCO prize pack!