



LivEZ BINGO Challenge

Participate in at least one daily challenge for the next 5 weeks, marking off each square as you complete the challenge. When your board is filled out and all questions completed, turn it in to LivEZ@healthEZ.com, if you are on the HealthEZ health plan.

B	I	N	G	O
1 Drink 80 oz. of water	8 Enjoy lunch cell phone free	15 Hold a wall-sit for 1 minute	21 Call a friend or family member you haven't talked to in awhile	28 Pack a healthy snack
2 Have 2 cups of fruit today	9 Give up one bad/addictive habit for the day	16 Open the door for a stranger	22 Meditate for 5 minutes	29 Pack your lunch
3 Write down your health goal for this month	10 Write out 5 things you're thankful for	17 Go meatless for the day	23 No sugar sweetened beverages for the day (coffee with sugar, pop, juices etc.)	30 Hold a plank for a total of 1 minute
4 Do 20 jumping jacks	11 Make dinner with half your plate veggies, a 1/4 lean protein and another 1/4 whole grain	FREE SPACE	24 Stretch it out for 10 minutes	31 Take an extra 30-minute walk
5 Write down your financial goals	12 Eat breakfast at home	18 Discover & participate in a new exercise	25 Watch a funny movie and laugh	32 Have 2.5 cups of veggies today
6 Go for a walk on the weekend	13 Write down your food for the day	19 Get your 10,000 steps in	26 Volunteer in your community	33 Floss your teeth today
7 Get in 15 pushups today	14 Park farther away from the door	20 No fast food for the day	27 Explore somewhere new	34 Go to bed 30 minutes early

BINGO Challenge

Name: _____ HealthEZ Subscriber ID: _____

Employer group: _____

1. Did you make your goal of 80 oz? How did it make you feel?	
2. What fruits did you have?	
3. What is your goal?	
4. Were the 20 jumping jacks easy or hard?	
5. What is your financial goal?	
6. Where did you walk?	
7. How did the pushups go? How many can you do in a row?	
8. How did eating without a phone feel?	
9. What bad/addictive habit did you give up and how did it go?	
10. What are your 5 things?	
11. What did you fill your plate with? Does your plate typically look like this?	
12. What did you have for breakfast at home?	
13. What did you eat today?	
14. How much farther away did you park?	
15. How long could you hold the wall sit without standing?	



LivEZ@HealthEZ.com
7201 W 78th St. Suite 100
Bloomington, MN 55439
P: 1-800-948-8824 F: 952-896-1261



16. Where did you hold the door open?	
17. What did you eat in place of meat?	
18. What new exercise did you try?	
19. Was it easy or hard to get to the 10,000 steps?	
20. Was it a struggle to not have fast food?	
21. Who did you call?	
22. Could you sit still and calm your mind for 5 minutes?	
23. Was this a challenge? What did you drink instead?	
24. Are you more flexible or less flexible than you thought?	
25. What funny movie did you watch?	
26. Where did you volunteer?	
27. Where did you explore?	
28. What did you pick for your healthy snack?	
29. What did you pack for your lunch?	
30. How long could you hold it before you needed a break? Did you really make it to a full minute?	
31. Was the extra long walk hard to add in?	
32. What veggies did you have?	
33. When was the last you flossed your teeth?	
34. Was your day more productive when going to bed earlier? How so?	