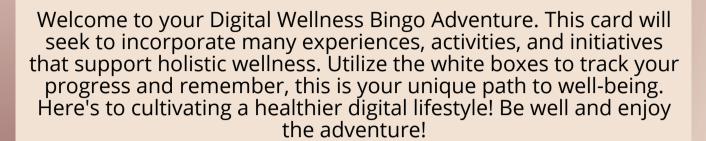
Digital Wellness BINGO



READ A
PHYSICAL BOOK
FOR 30
MINUTES.

TAKE A TECH FREE WALK OR HIKE. TRY A NEW RECIPE.

ENJOY A TECH-FREE MEAL.

WRITE A HAND-WRITTEN LETTER TO SOMEONE. PRACTICE MINDFUL REFLECTION.

CREATE YOUR OWN ART WORK OR DOODLE DRAWING.

PLAY A BOARD OR CARD GAME.

TAKE A PHOTO IN THE MOMENT WITH A TRADITIONAL CAMERA.

ATTEND A LIVE PERFORMANCE OR SHOW.

VISIT A LOCAL EXHIBIT OR ATTRACTION.

VOLUNTEER YOUR TIME FOR SOMEONE OR SOMETHING.

WRITE A
GRATITUDE
STATEMENT.
MAKE IT VISIBLE
TO SEE.

ATTEND A LOCAL SPORTS GAME OR EVENT.

INCORPORATE INTENTIONAL MOVEMENT INTO YOUR DAY.

CREATE A
SCRAPBOOK
WITH ALL
THESE
MEMORIES
LISTED ON THE
CARD!



Welcome to your Digital Wellness
Bingo Adventure. This card will seek
to incorporate many experiences,
activities, and initiatives that support
holistic wellness. Utilize the white
boxes to track your progress and
remember, this is your unique path
to well-being. Here's to cultivating a
healthier digital lifestyle! Be well and
enjoy the adventure!

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