

MIND BODY SOUL

OCTOBER BINGO

Oct 5 to Oct 31 · Mark a square when you do it. Get a row, column or corner to corner.

BODY Take 2 classes in one week	MIND 10 quiet minutes, no phone	SOUL Thank someone in the room by name	BODY Hit 10,000 steps 3 days in a row	SOUL Wear purple at Purple Power Oct 14
MIND Read for 10 minutes	BODY Try a class you have never taken	SOUL Text a friend you miss	MIND Go to Yin Yoga	BODY Walk outside after a meal
SOUL Post your check-in in the Wellness Warrior group	MIND Screen-free first 30 minutes of the day	FREE I SHOWED UP	BODY Bring your person to class	SOUL Write down 3 things you are grateful for
BODY Take a 7:30am Wellness Warfare Workout	MIND Bedtime on time 3 nights	SOUL Tell someone why you keep coming back	MIND Write about one thing you noticed today	BODY Stretch for 10 minutes
SOUL Compliment someone you do not know	MIND Drink half your weight in oz, 5 days	BODY Take 8 classes this month	SOUL Time outside in daylight	MIND Sit down to eat, no screen

Post a photo of your card in the Wellness Warrior group each Friday and tag a friend.

Blackout (every square) gets a shout-out from Coach Kyra. Listen to your body and check with your provider if you have a health condition.