

WELLNESS BINGO! CHALLENGE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<p>Cool Corner: Take the Coolsculpting Quiz and share your score</p> 	<p>Look up when your next annual appointment is and/or make an appointment</p>	<p>Practice positive self talk Tell yourself something good today</p>	<p>Write a Google Review</p>	<p>Kindness Corner: Perform a random act of kindness</p>
<p>Tell us one topic you'd like to know more about</p>	<p>Download and print out the Pain Log</p>	<p>Listen to an episode of our podcast and leave a review</p> 	<p>Walk 10K steps in a day</p>	<p>Read our blog about getting a restful nights sleep and download the Sleep Tracker</p>
<p>Download the Meal Planner and make your lists for the week</p> 	<p>Stretch for 5 minutes</p>	<p>Breathe Easy Space Take 5 deep breaths</p>	<p>On Facebook, comment on someone's share</p>	<p>Posture Check Point: Adjust your posture, sit up straight, or stretch for 5 minutes</p> 
<p>Hold a plank for 1 minute</p>	<p>Write a Facebook Review</p>	<p>Share your favorite healthy recipe and use hashtag #StellisHealthBingo</p> 	<p>Make meals in breeze, when you freeze with the help of this pdf download</p>	<p>Hydration Station: Fill up your water bottle and take a sip! Cheers to your health.</p>
<p>Mindful Moment: Meditate for 5 minutes</p> 	<p>Learning Lane: Read a blog and let us know one thing you learned by commenting on Facebook</p>	<p>Document everything you eat today in your Food Diary</p>	<p>Laughter Lane: Share a Joke, or meme with hashtag #StellisHealthBingo</p>	<p>Social Square: Follow us on Instagram: Stellis Health and Stellis Health Skin Care</p>