

Movement on Main Wellness Bingo

Challenge Dates: July 19th - 31st

Overview

Over the next two weeks, challenge yourself to complete every square on your bingo card. The activities are designed to encourage movement, recovery, creativity, and overall wellness.

You may complete multiple squares in one day, but each square can only be counted once, and each activity can only be counted as 1 square. (For example: a 3-mile outdoor run can be counted as an outdoor exercise **or** cardio, but not both)

Complete every square on your bingo card by July 31 to earn a free pair of grippy socks. Everyone who finishes the full card will also be entered into our grand prize drawing for an Adidas backpack filled with wellness goodies.

Accountability

[Use this form](#) to submit your activity daily- you can write a sentence or two and share a picture if you'd like. You can also make notes on your physical bingo cards and bring them with you to the studio.

We encourage you to share your progress on The Movement Facebook page to motivate and support other participants.



Scan to submit the form!

Activity Descriptions

Strength

Complete any form of strength training.

Cardio

Complete any form of cardio exercise.

Read for 30 Minutes

Read a physical book or e-book for at least 30 minutes. Audiobooks do not count.

3+ Mile Walk or Run

Complete a total of at least 3 miles of walking or running in one day. The distance may be split into multiple sessions throughout the day.

Reset

Take time to recharge with a restorative activity such as meditation, yoga, massage, acupuncture, breathwork, or another activity that helps you relax and recover.

Craft

Spend time creating something by drawing, coloring, knitting, painting, crocheting, or another creative hobby.

New Personal Record (PR)

Set a new personal best, such as your heaviest lift, fastest run, longest plank, or another personal achievement.

Stretch or Mobility

Complete at least 30 minutes of stretching, mobility work, or yoga. Movement on Main yoga and mobility classes count.

Outdoor Exercise

Complete at least 30 minutes of exercise outdoors, such as walking, hiking, biking, swimming, or another activity.

Movement on Main Class

Attend any class at Movement on Main. Acupuncture appointments count as well.

Your Choice

Choose any healthy habit or wellness activity not already listed on the card. Write your activity in the square before completing it.

Movement on Main Wellness Bingo

Strength	Cardio	Read 30 Minutes	3 Mile Walk or Run
Reset	Class at Movement on Main	Craft for 30 Minutes	Strength
New PR	Stretching/Flexibility	Outdoor Exercise 30 Minutes	Reset
Your Choice	3 Mile Walk/Run	Class at Movement on Main	Read 30 Minutes