



Wellness Buddy BINGO is a great activity to help you learn about the Wellness resources that Cleveland Clinic offers — while developing healthy habits at the same time. To start, download this game board, select a fellow caregiver to be your buddy and together complete at least one or more activities from each of the columns to spell B-I-N-G-O. Click the link in each box for more information about the activity. Check off the tasks in the form as you complete them. Submit your completed form to wellness@ccf.org and be entered for a chance to win great prizes!

B I N G O

[Donate to a local food bank or hospital food drive. Post a picture and comment about your experience.](#)



[Attend an outdoor Fall or Winter festival. Post a picture and comment about your experience.](#)



[Walk 10,000 steps in a day.](#)



[Join the Wellness Champion Team.](#)



[Send a Well-being Caregiver Celebration.](#)



[Participate in a Daily Wellness Tools for YOU virtual program.](#)



[Watch a Wellness Insider presentation recording or attend virtually.](#)



[Drink 64 oz of water in a day to stay hydrated in the summer heat. Post a picture and comment about your experience.](#)



[Join the Employee Wellness Facebook page.](#)



[Participate in a community service event. Post a picture and comment about your experience.](#)



[Prepare a Healthy recipe from the In the Kitchen Cooking Series.](#)



[Share a wellness success story on Connect Today.](#)



[Follow the Caregiver Well-Being Connect Today page.](#)



[Visit and review Take 5 Caregiver Resources.](#)



[Work out at a Cleveland Clinic Fitness Center location or local option.](#)



[Do a Refresh on Demand Yoga workout.](#)



[Share a wellness tip or resource at your next team huddle or meeting. Post a comment about your experience.](#)



[Download and use the Cleveland Clinic Mindful Moments app.](#)



[Go outside and take a walk in a park. Post a picture and comment about your experience.](#)



[Watch a Wellness Connection recording or attend virtually.](#)



[Do a Fitness on Demand workout.](#)



[Make a healthy smoothie.](#)



[Set up a step challenge between you and your buddy using the Healthy Choice portal Challenges feature.](#)



[Share a favorite healthy recipe and send to \[wellness@ccf.org\]\(mailto:wellness@ccf.org\)](#)



[Create a Healthy Choice portal account and sync your activity device or help a fellow caregiver set up their portal account.](#)

