

# BINGO

 <p>Snap a picture while on a walk.</p>	 <p>Share your favorite workout playlist/song.</p>	 <p>Map out and try a new walking route.</p>	 <p>Capture a picture of a furry friend (yours or in the wild).</p>	 <p>Do a post-exercise stretch session.</p>
 <p>Unlock the badge by logging 15 days of activity.</p>	 <p>Conduct a walking meeting and take a picture.</p>	 <p>Earn a gold leaf today by recording 10,000+ steps.</p>	 <p>Walk for mindfulness (no phone) and describe your experience.</p>	 <p>Pick a <i>Walktober</i> recipe to try.</p>
 <p>Download and log in to the <i>Walktober</i> mobile app.</p>	 <p>Add a friend in <i>Walktober</i> and react to their achievements.</p>	<div style="background-color: orange; color: white; padding: 10px; text-align: center;"> <p><b>FREE</b> (Post a selfie with your Bingo card). <b>SPACE</b></p> </div>	 <p>Set and reach a personal goal today.</p>	 <p>Post a picture being active with a friend or coworker.</p>
 <p>Get more steps today (take a walking break, take the stairs, put the cart back).</p>	 <p>Pick a "new to you" activity from the Step Converter list and write about it</p>	 <p>Answer today's poll.</p>	 <p>Take a brisk walk with a friend or family member.</p>	 <p>Share your favorite image/video title from <i>Walktober</i>.</p>
 <p>Share your favorite fall treat.</p>	 <p>Enjoy a sunrise or sunset today.</p>	 <p>Complete the Thrive Thursday activity with your team and share a picture.</p>	 <p>Express gratitude today and brighten someone's day.</p>	 <p>Turn up the music and have a dance party to earn steps.</p>

- Download and print the card.
- Shade a leaf when you complete an activity.
- Get 5 in a row for BINGO, then try filling the whole card.
- Post your *Walktober* experiences on the Community page.

**WALKT****BER™**