



Olympic Spirit Bingo



Mark each square as you complete the task.

Submit your completed form online at healthhubcanada.com/olympic to be entered in a draw to win a prize! (All prizes are considered a taxable benefit.)

Associate Name: _____

AIN: _____

Work Location: _____

<input type="checkbox"/> Wear your Olympic pride	<input type="checkbox"/> Have a healthy snack	<input type="checkbox"/> Cheer for your athlete or team	<input type="checkbox"/> Say hello to a colleague in another language	<input type="checkbox"/> Watch an Olympic event
<input type="checkbox"/> Take a Stretch Break	<input type="checkbox"/> Listen to the Olympic Anthem	<input type="checkbox"/> Find something gold in your workspace	<input type="checkbox"/> Find an Olympic Athlete with same First or Last Name as You	<input type="checkbox"/> Log Your Steps
<input type="checkbox"/> Celebrate a Medal Moment	<input type="checkbox"/> Take a Selfie Doing an Olympic Sport	<input type="checkbox"/> Free Square	<input type="checkbox"/> Watch the opening ceremonies	<input type="checkbox"/> Learn About a New Country
<input type="checkbox"/> Take a Selfie with a Flag	<input type="checkbox"/> Post an inspiring quote	<input type="checkbox"/> Try a new recipe	<input type="checkbox"/> Start your day with a stretch break	<input type="checkbox"/> Step outside and enjoy nature
<input type="checkbox"/> High Five a Friend	<input type="checkbox"/> Drink a glass of water every hour for a morning or afternoon	<input type="checkbox"/> Hum a National Anthem	<input type="checkbox"/> Take a 5 minute mindfulness break	<input type="checkbox"/> Watch the closing ceremonies