



Olympic / Paralympic Spirit Bingo



Mark each square as you complete the task.

Submit your completed form online at healthhubcanada.com/olympics 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 / Paralympic pride	<input type="checkbox"/> Have a healthy snack?	<input type="checkbox"/> Cheer for your athlete or team	<input type="checkbox"/> Learn something new about the host-country	<input type="checkbox"/> Watch an Olympic / Paralympic event?
<input type="checkbox"/> Take a Stretch Break?	<input type="checkbox"/> Listen to the Olympic / Paralympic Anthem?	<input type="checkbox"/> Find something gold in your workspace?	<input type="checkbox"/> Find an 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 / Paralympic 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