



GO PACK GO!

BINGO

Bingo is valid for ALL Packer Games beginning September 10 through December 10, 2017.

Simply "X" the square as you complete the activity. You must get BINGO (across, down, or diagonal)

2 times on the same card before you are eligible to submit.

All completed entries will go into a drawing for a Personal Day and be awarded 50 activity points!

Name: _____ Employee ID# _____

<p>Packers score more than 21 points! Eat a Red & a Green Veggie this week!</p>	<p>Packers VICTORY! No eating after supper 3 days this week!</p>	<p>Packers LOSE! Drink 64 oz of water one day this week or increase your water intake by at least 16 oz.</p>	<p>Packers VICTORY! Eat a Fruit for lunch two days this week!</p>	<p>Aaron Rodgers throws for 2+ touchdowns! Make your own healthy lunch 2 days this week & bring to work to eat!</p>
<p>Packers LOSE! Go on My Fitness Pal or another tracking system & write down EVERYTHING you eat one day this week! Include tasters!</p>	<p>It rained or snowed during the game! No eating foods with sugar as one of the first 5 ingredients 2 days this week!</p>	<p>It's Packers/Bears week! (week of 09/25 or week of 11/06) Eat at least 2 veggies 4 days this week!</p>	<p>Packers win by exactly 3 points! No TV, phones, newspaper, or any social media for at least 2 meals this week!</p>	<p>Packers VICTORY! No junk food this week!</p>
<p>Packers win by at least 14 points or more! Eat breakfast every day this week!</p>	<p>Packers LOSE! Plan out, shop for, prepare, and eat 3 home cooked meals this week!</p>	<p>Packers Defense steps up & intercepts a pass! No eating out this week-make all meals at home!</p>	<p>Field goal by the Packers of 45+ yards! Eat one veggie every day for 5 days straight!</p>	<p>Packers VICTORY! No soda or sugary drinks 3 out of 7 days this week!</p>
<p>Packers' defense sacks the quarterback at least one time! Eat 2 fruits this week!</p>	<p>Packers VICTORY! No eating foods in the break room this week!</p>	<p>Noon Game at Lambeau! Try 2 new fruits or veggies this week!</p>	<p>OH NO! Aaron Rodgers is intercepted! Try a NEW healthy recipe this week! Share it with your colleagues!</p>	<p>Packers VICTORY! Pick a veggie and prepare a different way than you normally would this week!</p>
<p>Packers VICTORY! Eat 2 servings of green veggies at least 3 days this week!</p>	<p>Oh no! Aaron Rodgers is sacked! NO processed foods for at least 2 days this week!</p>	<p>Packers WIN by at least 7 points or more! No snacking after 7:00 PM 2 nights this week!</p>	<p>Night Game! Bring at least one 16 oz bottle of water to work 2 days this week & drink it!</p>	<p>Packers VICTORY! No appetizers & no dessert when eating out this week!</p>

Return your card by Thursday, December 21st, 2017 in order to earn your points and be eligible for the drawing!

You can scan & email your card to avega-raatz@sasd.net or interoffice your card to HR.



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BINGO RULES

BINGO is valid for Packer Games beginning September 10th through December 10th, 2017

- ⓐ Each week Jeri will email out the Packers score and what boxes you can complete if you so choose for that week.
- ⓐ Complete the activities during the September 10th, 2017 – December 10th, 2017 Packer games. Finish up your challenge & submit by December 21st.
- ⓐ You may cross off ANY square from the game board once you have completed the activity. Note: You may also be able to cross off more than one on any given week.
- ⓐ You have BINGO when a full line (across, down, or diagonal) is filled.
- ⓐ **Once you have BINGO 2 times on the same card, it is ready to submit.**
- ⓐ No substitutions—this is all about healthy eating!
- ⓐ Interoffice your completed Bingo cards to Human Resources or scan and email to avega-raatz@sasd.net by Thursday, December 21, 2017 to earn 50 activity points AND a chance to win a Personal Day!
- ⓐ ANY CARDS SUBMITTED AFTER DECEMBER 21st WILL NOT BE ELIGIBLE FOR POINTS OR THE DRAWING.
- ⓐ **If you submit an entire card completed (a black out), you will receive a BONUS entry for the Personal Day!**