

5 WEEK HEALTHY HABITS PROGRAM

B I N G O

1 2 3 4 5

HAWKS!

WEEK 1 H	WEEK 2 A	WEEK 3 W	WEEK 4 K	WEEK 5 S
Have a fruit/vegetable as a snack	Spend 15 minutes doing something for yourself	Do a physical activity with a group or partner	Stretch for at least 10 minutes	Download a sleep or meditation app or podcast
Substitute an active behavior for a sedentary one	Include a fruit/vegetable with breakfast	Send a note of thanks or gratitude to someone	Make 1 change to your sleeping space to improve the environment	Eat only the fruits and vegetables you truly love
Write down 3 things you're grateful for	Establish a pre-sleep routine and start doing it	FREE SPACE	Try a new fruit/vegetable or prepare one in a new way	Spend 30 minutes doing movement you enjoy
Do a favor or task for someone or give them a small treat	Try a new way to move	Eat at least 3 different colors of fruits & vegetables	Make a list of 5 activities that bring you joy; do one	Support someone in need
Identify 3 activities you find calming/restful; do one	Avoid caffeine and alcohol for 8 hours before bedtime	Do a mindful activity for 10 minutes	Take a movement break every hour during a day	Eat at least 5 servings of fruits and vegetables

See weekly email or website for additional details on completing the activities.

→ [STUDENTWELLNESS.UIOWA.EDU/BINGO](https://studentwellness.uiowa.edu/bingo)



Student Wellness

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Individuals with disabilities are encouraged to attend all University of Iowa sponsored events. If you are a person with a disability who requires an accommodation in order to participate in this program, please contact Student Wellness in advance at 335-8094.