

# 5 WEEK HEALTHY HABITS PROGRAM

# B I N G O

1 2 3 4 5

# HAWKS!

WEEK 1 <b>H</b>	WEEK 2 <b>A</b>	WEEK 3 <b>W</b>	WEEK 4 <b>K</b>	WEEK 5 <b>S</b>
Eat at least 3 different colors of fruits and vegetables	Substitute an active behavior for a sedentary one	Make a list of 5 activities that bring you joy; do one	Connect with a family member or friend	Download the free app for the Refresh Sleep program and use it once
Spend at least 30 minutes doing a physical activity you enjoy	Spend 15 minutes doing something for yourself	Meditate or do a mindful activity for 10 minutes	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	Avoid caffeine and alcohol for 8 hours before bedtime	<b>FREE SPACE</b>	Enjoy a food you like without guilt	Try a new way to move
Identify 3 activities you find calming/restful; do 1 before bed	Prioritize eating 3 meals a day	Swap a caffeinated beverage with a non-caffeinated beverage	Take a movement break every hour during a day	Complete a routine task, but do it mindfully
Try a new fruit/vegetable or prepare one in a new way	Try an active game or activity with a group or partner	Stretch for at least 10 minutes	Go on a walk without listening to music/podcast	Spend the last 30 minutes of your day technology-free

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.