

Name: _____

Walk Kansas

BINGO

Walk a new trail	Drink half your body weight in water	Eat healthy all day	Be somebody's workout partner	Try a new healthy recipe
Visit a Farmers Market	Try a new healthy food	Exercise for an extra 15 minutes	Park at the furthest parking spot and walk in	No sugar for one day
Add 20 squats to your normal exercise routine	Go for a walk at a new park	Plan healthy snacks for 3 days in one week	Stretch 4 nights this week	Get a good nights sleep 3 times this week
Wash your hands before you eat	Try a new exercise	Send us a picture in your Walk Kansas tee	Repeat one of the other squares	Learn a new yoga pose and practice it 3 times this
Go in your local office for a flexibility test during the	Practice one thing that helps you relax	Go in your local office for a flexibility test the last week	Explore a new trail	Email us a success story.