



Instructions: Earn a bingo by completing the activity and answer the question associated with the activity in an email to hwcwichita@gmail.com. Five challenges in any column, row, or diagonal counts as a bingo. A super bingo is achieved by completing the entire card and submitting all answers via email by August 16th. If you post on social media don't forget to hashtag #ICTWalkBingo so we can see your awesome photos!

B	I	N	G	O
1 See an animal on your walk	6 Catch a sunrise on your walk	11 Take a walk after dinner	16 Go on a walk for 30 minutes	21 Post on social media about your walk challenge with us using #ICTWalkBingo
2 Pause to do other exercises on your walk (jumping jacks, etc.)	7 Speed walking for 30 mins	12 Saw something peculiar on your walk	17 Walk at a park	22 Walk every day for a week (make time out of your day to walk for at least for 30 min for a week)
3 Walk with a friend	8 Walk to go to your favorite place to eat	13 FREE	18 See a beautiful flower on your walk	23 Pick up trash on your walk
4 Walk on a different path than you normally do	9 Go on a walk for 1 hour	14 Follow/Like us on Facebook, Instagram, and Twitter (Health & Wellness Coalition)	19 Stop to stretch on your walk	24 See art(s) on your walk
5 Catch a sunset on your walk	10 Walk to your favorite place in Wichita	15 Take a break on your walk to meditate or simply just to enjoy the moment/place	20 Go on a 1-mile walk	25 STOP: you are now done and finish the challenge by answering the questions

The first 5 people to complete and submit the super bingo challenge by (completing the bingo sheet and answer all the questions below) by Aug. 16th will receive a Health & Wellness Coalition goodie bag including (bag, water bottle, pen, and a magnet). And each Bingo submitted receives a social media shout out.

Homework

Please provide one answer for each square you are claiming as part of your Bingo. For a Super Bingo, answer to every question! Answers can be emailed to hwcwichita@gmail.com. Post pictures to the @Health & Wellness Coalition Facebook page using #ICTWalkBingo.

1. When you were on your walk, what animal(s) did you see?
2. While on your walk, what other exercise did you do?
3. Did you enjoy your walk with your friend(s), and where did you walk to?
4. What was the usual path, and what was the new path you took?
5. What time did you go on the walk to be able to see the sunset?
6. What time did you go on a walk to be able to see sunrise?
7. Did you enjoy speed walking or regular walking better?
8. What is your favorite place to eat?
9. Were you able to make time to go on a walk for 1 hour?
10. What is your favorite place in Wichita?
11. Were you able to make time after dinner for a walk?
12. What are some of the peculiar things did you see on your walk?
13. FREE
14. What social media platform were you able to follow/like us on? (Facebook, Instagram, or Twitter)
15. Were you able to stop and meditate and enjoyed the moment/place you were at?
16. Were you able to make time for your 30 min walk?
17. What park did you go to?
18. Can you name the flower you saw on your walk?
19. Did you enjoy your stretching?
20. How long did it take you to finish your mile walk?
21. What social media do you have, and did you enjoy posting about the challenge?
22. Were you able to make time to walk for at least 30 mins a day for a week?
23. What are some of the trash did you pick up and was there a lot of trash on your walk?
24. What are some of the art did you see on your walk?
25. Overall, did you enjoy doing the challenge? Why or why not?

Always be safe. Obey all traffic laws and pay attention. Participation in this Bingo Challenge is voluntary and at the participant's own risk. The Health and Wellness Coalition is not liable.