



The start of the year can feel energizing. . .or overwhelming. **Start Strong Bingo** is designed to help us build small, sustainable habits that support our health, focus, connection and overall well-being. All of this without pressure or perfection. This is NOT about doing everything on the list or changing your entire life.

This is about:

- Making progress through small realistic actions
- Supporting physical, mental and relational health
- Encouraging balance during busy work months
- Having a little fun while we do it

You get to choose what “STARTING STRONG” looks like for you!

PROGRAM DATES: January 19 - March 31

This gives us plenty of time to move at your own pace, try new habits, and complete in a way that fits your life and workload.

HOW TO PLAY:

- Download a blank **Start Strong Bingo Card**
 - Download as many as you want. Maybe you have one for each month or use one card the entire time. It's up to you!
- Fill out your card using the **Provided List of Habit Ideas**
 - Choose the ones that feel realistic, motivating or fun for you and write them into your card.
 - Make sure you mix the categories
 - No two cards need to look the same
- When you complete the activity, mark the square
 - One-time actions count
 - Ongoing habits count when you complete the challenge
 - “Done imperfectly” still counts

WIN YOUR WAY

- **“BINGO”** a straight line, four corners or a full completed card if you're feeling ambitious. You decide how far you want to go.

THINGS TO REMEMBER:

- This is optional, not a competition and not tied to your performance.
- Adapt any square as needed. Accessibility and flexibility matter.
- Rest, recovery and mental health count as health.
- Life happens. If you miss a week, just pick it back up.

THE GOAL: The goal is not perfection - it's momentum. Small habits practiced consistently can add up to better energy, focus, connection and overall well-being over time. Start where you are. Choose what works. Let's start strong --TOGETHER!

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START STRONG BINGO 2026

HABIT + CHALLENGE LIST

NUTRITION + HYDRATION

- Drink water at the start of your workday for 5 days
- Add a fruit or veggie to every lunch for one week
- Try a new healthy recipe (*share a pic or name it!*)
- Prep a balanced snack for the week
- Eat one meal mindfully (*no screens*)
- Swap one sugary drink for water or tea each day for a week

MEDICAL + MENTAL HEALTH

- Schedule a preventive appointment (*doctor, dentist, vision, etc.*)
- Get 7+ hours of sleep two nights in a row
- Practice a 5-minute breathing or mindfulness exercise
- Take a full lunch break away from your desk
- Use a sick/mental health day or set one on your calendar
- Review your health benefits or wellness resources

MOVEMENT + FITNESS

- Take a 10–15 minute walk during the workday
- Stretch for 5 minutes between meetings
- Try a new form of movement (*yoga, dance, strength, etc.*)
- Hit 7,000+ steps in a day
- Do 3 movement breaks in one workday
- Move your body 5 days in a week (*any way counts!*)

ORGANIZATION + PRODUCTIVITY

- Clean out your inbox or desktop
- Organize one small space (*desk, bag, kitchen drawer*)
- Plan your week before Monday starts
- Set 3 realistic priorities for a day (*and stop there*)
- End one workday on time
- Unsubscribe from emails you don't read

FUN + JOY

- Do something just for fun on a weeknight
- Laugh hard at work (*bonus if with a teammate*)
- Listen to music or a podcast that boosts your mood
- Share a fun photo or win from your week
- Try a hobby or activity you haven't done in a while
- Take a "mini joy break" (*coffee outside, sunlight, fresh air*)

RELATIONAL + CONNECTION

- Check in with a coworker or friend you don't work with often
- Give a genuine compliment or thank-you
- Eat lunch (*virtually or in person*) with someone else
- Do one act of kindness (*at work or home*)
- Share one non-work win with the team
- Reach out to someone you've been meaning to reconnect with

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