


take it outside

B I N G O

Have a beach day	Watch a sunrise or sunset	Eat a meal outside	Play an outdoor game (golf, pickleball, bags, etc.)	Go Swimming or wade in water
Visit a Farmers' Market	Go for a Hike	Skip a rock across water	Have a bonfire	Visit a state park
Attend a Fitness at SPS outdoor class	Go hammocking		Plant something	Go for an outdoor walk or run
Grill something	Do a water activity (kayak, paddleboard, wakeboard, etc.)	Pick up & throw away 10 peices of litter	Go camping	Have a pool day
Apply SPF before going outside	Roast a marshmellow	Go for a bike ride	Attend an outdoor event (concert, baseball game, etc.)	Spend 1 hour outside without going on your phone

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