



**Special
Olympics**
New Hampshire

CHAMPIONS IN MOTION

BINGO

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
B	Exercise at least 20 minutes - 3 Days	Enjoy a mindful meal by chewing slow and no screen time!	Look at yourself and say 5 positives things about you!	Help a family member or friend with a chore this week.	Write a thank-you note to someone & send it to them	Attend a fitness class (in-person or virtual).
I	Eat 5 servings of fruits & veggies - 2 Days	Write down 3 things you are grateful for	Call a friend or family member to reconnect	Follow us on social media: Facebook Instagram	Find an additional opportunity to exercise	Drink 8, 8 oz glasses of water 2 times
N	Learn 3 new jokes this week and share them	Set a personal goal for yourself and follow it through.	Compete or signup to volunteer at State Summer Games	Eat at least one fruit or vegetable of a different color every day	Avoid added sugars for 2 days this week.	Get 7 hours of sleep 3 nights in a row!
G	Do a good deed for someone this week	Attend an in-person sporting event.	Try a fitness activity you have never done before.	Complete a level of Special Olympics Fit 5 series.	Spend 15 minutes journaling or drawing	Write down 1 lesson you learned about yourself
O	Share your favorite SONH/ Unified memory with us	2 days this week - Complete 5000 steps in each day	Read about Alex B's journey as a Health Messenger	Smile at someone before they smile at you	Go 24 hours without any screentime	Hand in this completed card!

I HAVE COMPLETED THE 2026 CHAMPIONS IN MOTION BINGO GAME.

Signed: _____