



Wellness

# BINGO

MAKE A  
HEALTHY  
SNACK

GO SKATING

READ A  
CHAPTER OF  
THE BIBLE

FOLLOW  
SHOWGLO ON  
INSTA

TRY  
FLEXIBILITY  
TRAINING

HEALTHY  
RECIPE

COOK/UNWIND  
TO THIS  
PLAYLIST

SEND OUT 3  
POSITIVE  
AFFIRMATIONS  
TO 3 RANDOM  
PEOPLE

TRY MEATLESS  
MONDAY

TRY A  
STRENGTH  
TRAINING  
WORKOUT

COMPLETE A  
FULL WORKOUT  
ON A FITNESS  
APP

CREATE ART  
OR MUSIC

**FREE**

DO THE GLO  
FORWARD  
CHALLENGE

WALK A LOCAL  
TRAIL

DO THE "GLO  
FORWARD"  
CHALLENGE

LEARN A LINE  
DANCE

DO SOMETHING  
NICE FOR A  
STRANGER

FAST FROM  
DAWN TO DUSK  
(AND PRAY  
THROUGHOUT  
THE DAY)

PLAY A '90S  
GAME

TRY A  
MOCKTAIL

WATCH A FULL  
SERMON

PLANT A SEED

TAKE A  
THEMED  
WORKOUT  
CLASS

FOLLOW SHOWGLO  
WELLNESS  
ON INSTAGRAM

[www.showglo.org](http://www.showglo.org)