**FITGO Bingo**

**May 26th – August 4th**

**How to Play!**

FITGO BINGO is played just like regular bingo only with a twist!

1. Email Wellnesscoaches@tusd1.onmicrosoft.com to sign-up and receive your FITGO Card
2. Complete one FITGO line that is across, up, down or diagonal. Completing every line will leave you with a blackout card!
3. Turn in your FITGO BINGO card to your health coach at the Health Fair on August 4, 2020 (tentative) in the Hines Gym at Catalina High School 2:30 pm – 6:30 pm.
4. Squares with multiple days and multiple weeks needs to be completed in consecutive days and weeks. You decide what day and week to begin the square.

**Prizes!**

- Receive a ticket for every completed row, column or diagonal to be entered into the FITGO Raffle drawing for 1 of 12 $50.00 Amazon Gift Cards
- Black-Out your FITGO Card to be entered into a separate FITGO Raffle for 1 of 8 $100.00 Amazon Gift Cards
- **BONUS:** For every person that turns in their FITGO Card at the Health Fair on Tuesday, August 4th (tentative), at Catalina HS – Hines Gym, between 2:30 – 6:30 pm, you will receive a Back to School Wellness Survival Kit!

**Activity Category Symbol Key**

- ☀️ Task performed involves Health Coach interaction
- 🍎 Task performed involves healthy nutrition
- 🏋️‍♂️ Task performed involves physical activity
- 🧘‍♀️ Task performed involves self-care

Questions? Contact your Health Coach at WellnessCoaches@tusd1.onmicrosoft.com