

How to use your *card*

Designed for clinical and non-clinical hospital teams. Every role and every day can be different.

O1

PROTECT THE WORK

Use personal time or an authorized break. Never do an activity during a safety-sensitive duty.

O2

CHOOSE YOUR PACE

Complete a row, fill the card, or choose one square whenever it fits.

O3

ADAPT OR SKIP

Change any activity to suit your needs, or skip it without explanation.

O4

KEEP IT PRIVATE

HR sees group-level participation only, never the activities you complete or skip.

ABOUT THIS FREE EDITION

This card uses 24 activity titles reviewed for this hospital edition. Choose only what fits your needs, schedule, setting, and personal time. Fegud for Teams creates a personalized card for every employee each month and gives HR group-level participation reporting.

ONE SQUARE A DAY, OR ONE A WEEK. YOUR PACE.

● NUTRITION

● MINDSET

● CONNECTION

● MOVEMENT

F	E	E	G	U	D
FEEL	EASE	GROW	UNWIND	DISCOVER	
● MINDSET Choose a block of personal time for something unrelated to work	● MOVEMENT Move for 20 minutes on a day off, however you like	● NUTRITION Plan meals you actually want to eat for a week of shifts, if useful	● CONNECTION Offer low-pressure company to someone you care about, if they want it	● MINDSET Write a letter to your future self	
● MOVEMENT Take a 45-minute walk or roll in a place that works for you	● NUTRITION Spend part of a meal break away from your work area, if you can	● CONNECTION Call someone instead of texting	● MINDSET Choose a ten-minute transition after your shift	● MOVEMENT Take a 15-minute walk when it works for you	
● NUTRITION Eat something warm on a break, if you can	● CONNECTION Share something light with someone you know	Free Space WORKPLACE	● MOVEMENT Gently loosen your neck or shoulders for 2 minutes, if comfortable	● MINDSET Reduce optional phone use during part of your first hour off	
● CONNECTION Arrange a small shared break or meal, if schedules allow	● NUTRITION Identify a drink option that fits your needs, if appropriate	● MINDSET Notice one detail you appreciate today	● NUTRITION Pack a snack you actually like for your shift	● MOVEMENT Choose a gentle movement or position change that feels comfortable	
● MINDSET Watch the sky for 2 minutes	● CONNECTION Share a meal or break with a coworker, if you both want to	● MOVEMENT Roll out your wrists and ankles	● CONNECTION Thank someone at work for something specific, if you want to	● NUTRITION Add a vegetable you enjoy to one meal, if available	

ONE SQUARE A DAY, OR ONE A WEEK. YOUR PACE.

● NUTRITION

● MINDSET

● CONNECTION

● MOVEMENT

F FEEL	E EASE	G GROW	U UNWIND	D DISCOVER
● MINDSET ☐ Choose a block of personal time for something unrelated to work	● MOVEMENT ☐ Move for 20 minutes on a day off, however you like	● NUTRITION ☐ Plan meals you actually want to eat for a week of shifts, if useful	● CONNECTION ☐ Offer low-pressure company to someone you care about, if they want it	● MINDSET ☐ Write a letter to your future self
● MOVEMENT ☐ Take a 45-minute walk or roll in a place that works for you	● NUTRITION ☐ Spend part of a meal break away from your work area, if you can	● CONNECTION ☐ Call someone instead of texting	● MINDSET ☐ Choose a ten-minute transition after your shift	● MOVEMENT ☐ Take a 15-minute walk when it works for you
● NUTRITION ☐ Eat something warm on a break, if you can	● CONNECTION ☐ Share something light with someone you know	Free Space WORKPLACE	● MOVEMENT ☐ Gently loosen your neck or shoulders for 2 minutes, if comfortable	● MINDSET ☐ Reduce optional phone use during part of your first hour off
● CONNECTION ☐ Arrange a small shared break or meal, if schedules allow	● NUTRITION ☐ Identify a drink option that fits your needs, if appropriate	● MINDSET ☐ Notice one detail you appreciate today	● NUTRITION ☐ Pack a snack you actually like for your shift	● MOVEMENT ☐ Choose a gentle movement or position change that feels comfortable
● MINDSET ☐ Watch the sky for 2 minutes	● CONNECTION ☐ Share a meal or break with a coworker, if you both want to	● MOVEMENT ☐ Roll out your wrists and ankles	● CONNECTION ☐ Thank someone at work for something specific, if you want to	● NUTRITION ☐ Add a vegetable you enjoy to one meal, if available

ONE SQUARE A DAY, OR ONE A WEEK. YOUR PACE.

● NUTRITION ● MINDSET ● CONNECTION ● MOVEMENT

F	E	G	U	D
FEEL	EASE	GROW	UNWIND	DISCOVER
● MINDSET ☐ Choose a block of personal time for something unrelated to work	● MOVEMENT ☐ Move for 20 minutes on a day off, however you like	● NUTRITION ☐ Plan meals you actually want to eat for a week of shifts, if useful	● CONNECTION ☐ Offer low-pressure company to someone you care about, if they want it	● MINDSET ☐ Write a letter to your future self
● MOVEMENT ☐ Take a 45-minute walk or roll in a place that works for you	● NUTRITION ☐ Spend part of a meal break away from your work area, if you can	● CONNECTION ☐ Call someone instead of texting	● MINDSET ☐ Choose a ten-minute transition after your shift	● MOVEMENT ☐ Take a 15-minute walk when it works for you
● NUTRITION ☐ Eat something warm on a break, if you can	● CONNECTION ☐ Share something light with someone you know	Free Space WORKPLACE	● MOVEMENT ☐ Gently loosen your neck or shoulders for 2 minutes, if comfortable	● MINDSET ☐ Reduce optional phone use during part of your first hour off
● CONNECTION ☐ Arrange a small shared break or meal, if schedules allow	● NUTRITION ☐ Identify a drink option that fits your needs, if appropriate	● MINDSET ☐ Notice one detail you appreciate today	● NUTRITION ☐ Pack a snack you actually like for your shift	● MOVEMENT ☐ Choose a gentle movement or position change that feels comfortable
● MINDSET ☐ Watch the sky for 2 minutes	● CONNECTION ☐ Share a meal or break with a coworker, if you both want to	● MOVEMENT ☐ Roll out your wrists and ankles	● CONNECTION ☐ Thank someone at work for something specific, if you want to	● NUTRITION ☐ Add a vegetable you enjoy to one meal, if available

Hospital Staff *Bingo*

ONE SQUARE A DAY, OR ONE A WEEK. YOUR PACE.

● NUTRITION ● MINDSET ● CONNECTION ● MOVEMENT

F EASE G U UNWIND D DISCOVER

● MINDSET ☐ Choose a block of personal time for something unrelated to work	● MOVEMENT ☐ Move for 20 minutes on a day off, however you like	● NUTRITION ☐ Plan meals you actually want to eat for a week of shifts, if useful	● CONNECTION ☐ Offer low-pressure company to someone you care about, if they want it	● MINDSET ☐ Write a letter to your future self
● MOVEMENT ☐ Take a 45-minute walk or roll in a place that works for you	● NUTRITION ☐ Spend part of a meal break away from your work area, if you can	● CONNECTION ☐ Call someone instead of texting	● MINDSET ☐ Choose a ten-minute transition after your shift	● MOVEMENT ☐ Take a 15-minute walk when it works for you
● NUTRITION ☐ Eat something warm on a break, if you can	● CONNECTION ☐ Share something light with someone you know	Free Space WORKPLACE	● MOVEMENT ☐ Gently loosen your neck or shoulders for 2 minutes, if comfortable	● MINDSET ☐ Reduce optional phone use during part of your first hour off
● CONNECTION ☐ Arrange a small shared break or meal, if schedules allow	● NUTRITION ☐ Identify a drink option that fits your needs, if appropriate	● MINDSET ☐ Notice one detail you appreciate today	● NUTRITION ☐ Pack a snack you actually like for your shift	● MOVEMENT ☐ Choose a gentle movement or position change that feels comfortable
● MINDSET ☐ Watch the sky for 2 minutes	● CONNECTION ☐ Share a meal or break with a coworker, if you both want to	● MOVEMENT ☐ Roll out your wrists and ankles	● CONNECTION ☐ Thank someone at work for something specific, if you want to	● NUTRITION ☐ Add a vegetable you enjoy to one meal, if available