

How to use your *card*

For receiving, picking, packing, loading, inventory, fulfillment, and shipping teams.
Also for equipment, cold-storage, maintenance, cleaning, quality, safety, and leadership roles.

O1

PROTECT THE WORK

Use personal time or an authorized break. Never do an activity during lifting, picking, loading, driving, equipment use, or cold-storage 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

Do not include private coworker or company details. Your activity choices stay private from HR.

ABOUT THIS FREE EDITION

This card uses 24 activities reviewed for warehouse employees across receiving, picking, packing, loading, inventory, fulfillment, equipment, cold-storage, cleaning, maintenance, quality, safety, and leadership roles. Choose only what fits your body, needs, responsibilities, schedule, setting, and personal time. Fegud for Teams creates a personalized card for every employee each month and gives HR group-level participation reporting.

Warehouse Employee Wellness Bingo

WAREHOUSE TEAMS • EMPLOYEE WELLNESS
DESKLESS + SHIFT • ENGLISH • FREE EDITION

24 ACTIVITIES • 5 × 5
US LETTER • COLOR

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 ☐ Spend a full evening on something unrelated to work	● MOVEMENT ☐ Stretch for 10 minutes after one shift this week	● NUTRITION ☐ Eat comfortably on an authorized break this week, when possible	● CONNECTION ☐ Make plans with someone outside work this week	● MINDSET ☐ Take one personal-time window away from optional schedule checks
● MOVEMENT ☐ Stretch your back and hips after a lifting-heavy shift	● NUTRITION ☐ Prep one or more shift meals in a way that fits your week	● CONNECTION ☐ Plan a no-cost shared activity on personal time, in person or remotely	● MINDSET ☐ Separate your own effort from a rate you did not set	● MOVEMENT ☐ Spend an hour outdoors on a day off, moving how you like
● NUTRITION ☐ Eat something warm after a shift in cold storage	● CONNECTION ☐ Ask a coworker a light check-in question at a safe pause	Free Space WORKPLACE	● MOVEMENT ☐ Walk, roll, or move outside for 15 minutes in daylight	● MINDSET ☐ Take ten quiet minutes after your shift if that fits your life
● CONNECTION ☐ Share part of a break with someone, if you both want to	● NUTRITION ☐ Pack a break food that stores safely without a fridge, if useful	● MINDSET ☐ Step outside for two minutes of daylight	● NUTRITION ☐ Choose a drink on your break that fits your needs and guidance	● MOVEMENT ☐ After lifting work, gently roll your shoulders on personal time
● MINDSET ☐ Take one full breath after a work run is safely complete	● CONNECTION ☐ Share something light with a coworker at a safe pause	● MOVEMENT ☐ Gently move your hands on a break after repetitive picking	● CONNECTION ☐ Thank a coworker for one specific thing	● NUTRITION ☐ If it suits you, eat something before your shift starts



A fresh card for every employee, every month.

FEUD FOR TEAMS • GROUP-LEVEL PARTICIPATION FOR HR

FEUD.COM

FEUD.COM/CONTACT

Warehouse Employee Wellness Bingo

WAREHOUSE TEAMS • EMPLOYEE WELLNESS
DESKLESS + SHIFT • ENGLISH • FREE EDITION

24 ACTIVITIES • 5 × 5
US LETTER • INK-SAVING

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 ☐ Spend a full evening on something unrelated to work	● MOVEMENT ☐ Stretch for 10 minutes after one shift this week	● NUTRITION ☐ Eat comfortably on an authorized break this week, when possible	● CONNECTION ☐ Make plans with someone outside work this week	● MINDSET ☐ Take one personal-time window away from optional schedule checks
● MOVEMENT ☐ Stretch your back and hips after a lifting-heavy shift	● NUTRITION ☐ Prep one or more shift meals in a way that fits your week	● CONNECTION ☐ Plan a no-cost shared activity on personal time, in person or remotely	● MINDSET ☐ Separate your own effort from a rate you did not set	● MOVEMENT ☐ Spend an hour outdoors on a day off, moving how you like
● NUTRITION ☐ Eat something warm after a shift in cold storage	● CONNECTION ☐ Ask a coworker a light check-in question at a safe pause	Free Space WORKPLACE	● MOVEMENT ☐ Walk, roll, or move outside for 15 minutes in daylight	● MINDSET ☐ Take ten quiet minutes after your shift if that fits your life
● CONNECTION ☐ Share part of a break with someone, if you both want to	● NUTRITION ☐ Pack a break food that stores safely without a fridge, if useful	● MINDSET ☐ Step outside for two minutes of daylight	● NUTRITION ☐ Choose a drink on your break that fits your needs and guidance	● MOVEMENT ☐ After lifting work, gently roll your shoulders on personal time
● MINDSET ☐ Take one full breath after a work run is safely complete	● CONNECTION ☐ Share something light with a coworker at a safe pause	● MOVEMENT ☐ Gently move your hands on a break after repetitive picking	● CONNECTION ☐ Thank a coworker for one specific thing	● NUTRITION ☐ If it suits you, eat something before your shift starts



A fresh card for every employee, every month.

FEUD FOR TEAMS • GROUP-LEVEL PARTICIPATION FOR HR

FEUD.COM

FEUD.COM/CONTACT

Warehouse Employee Wellness Bingo

WAREHOUSE TEAMS • EMPLOYEE WELLNESS
DESKLESS + SHIFT • ENGLISH • FREE EDITION

24 ACTIVITIES • 5 × 5
A4 • COLOR

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 ☐ Spend a full evening on something unrelated to work	● MOVEMENT ☐ Stretch for 10 minutes after one shift this week	● NUTRITION ☐ Eat comfortably on an authorized break this week, when possible	● CONNECTION ☐ Make plans with someone outside work this week	● MINDSET ☐ Take one personal-time window away from optional schedule checks
● MOVEMENT ☐ Stretch your back and hips after a lifting-heavy shift	● NUTRITION ☐ Prep one or more shift meals in a way that fits your week	● CONNECTION ☐ Plan a no-cost shared activity on personal time, in person or remotely	● MINDSET ☐ Separate your own effort from a rate you did not set	● MOVEMENT ☐ Spend an hour outdoors on a day off, moving how you like
● NUTRITION ☐ Eat something warm after a shift in cold storage	● CONNECTION ☐ Ask a coworker a light check-in question at a safe pause	Free Space WORKPLACE	● MOVEMENT ☐ Walk, roll, or move outside for 15 minutes in daylight	● MINDSET ☐ Take ten quiet minutes after your shift if that fits your life
● CONNECTION ☐ Share part of a break with someone, if you both want to	● NUTRITION ☐ Pack a break food that stores safely without a fridge, if useful	● MINDSET ☐ Step outside for two minutes of daylight	● NUTRITION ☐ Choose a drink on your break that fits your needs and guidance	● MOVEMENT ☐ After lifting work, gently roll your shoulders on personal time
● MINDSET ☐ Take one full breath after a work run is safely complete	● CONNECTION ☐ Share something light with a coworker at a safe pause	● MOVEMENT ☐ Gently move your hands on a break after repetitive picking	● CONNECTION ☐ Thank a coworker for one specific thing	● NUTRITION ☐ If it suits you, eat something before your shift starts

Warehouse Employee Wellness Bingo

WAREHOUSE TEAMS • EMPLOYEE WELLNESS
DESKLESS + SHIFT • ENGLISH • FREE EDITION

24 ACTIVITIES • 5 × 5
A4 • INK-SAVING

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 ☐ Spend a full evening on something unrelated to work	● MOVEMENT ☐ Stretch for 10 minutes after one shift this week	● NUTRITION ☐ Eat comfortably on an authorized break this week, when possible	● CONNECTION ☐ Make plans with someone outside work this week	● MINDSET ☐ Take one personal-time window away from optional schedule checks
● MOVEMENT ☐ Stretch your back and hips after a lifting-heavy shift	● NUTRITION ☐ Prep one or more shift meals in a way that fits your week	● CONNECTION ☐ Plan a no-cost shared activity on personal time, in person or remotely	● MINDSET ☐ Separate your own effort from a rate you did not set	● MOVEMENT ☐ Spend an hour outdoors on a day off, moving how you like
● NUTRITION ☐ Eat something warm after a shift in cold storage	● CONNECTION ☐ Ask a coworker a light check-in question at a safe pause	Free Space WORKPLACE	● MOVEMENT ☐ Walk, roll, or move outside for 15 minutes in daylight	● MINDSET ☐ Take ten quiet minutes after your shift if that fits your life
● CONNECTION ☐ Share part of a break with someone, if you both want to	● NUTRITION ☐ Pack a break food that stores safely without a fridge, if useful	● MINDSET ☐ Step outside for two minutes of daylight	● NUTRITION ☐ Choose a drink on your break that fits your needs and guidance	● MOVEMENT ☐ After lifting work, gently roll your shoulders on personal time
● MINDSET ☐ Take one full breath after a work run is safely complete	● CONNECTION ☐ Share something light with a coworker at a safe pause	● MOVEMENT ☐ Gently move your hands on a break after repetitive picking	● CONNECTION ☐ Thank a coworker for one specific thing	● NUTRITION ☐ If it suits you, eat something before your shift starts