# How to use your card

For tradespeople, laborers, operators, forepersons, and site supervisors.
Also for safety, project, estimating, scheduling, shop, office, and leadership roles.

01

PROTECT THE WORK

Use personal time or an authorized break. Never do an activity during driving, tools, equipment, lifting, climbing, traffic control, hot work, electrical work, or another active duty.

02

CHOOSE YOUR PACE

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

03

ADAPT OR SKIP

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

04

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 construction workers across trades, labor, equipment, field supervision, safety, project, estimating, scheduling, shop, office, 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.

FREE WORKPLACE GENERATOR

# Construction Worker Wellness Bingo

CONSTRUCTION TEAMS • WORKER WELLNESS
FIELD + OFFICE • VARIABLE SITES • FREE EDITION

24 ACTIVITIES • 5 × 5
US LETTER • COLOR

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 ☐ Let go of the parts of a project that were never yours to control | MOVEMENT ☐ Do something active on a day off that feels like your choice | NUTRITION ☐ Prepare one site lunch ahead, if that works for you | CONNECTION ☐ Invite someone to make a flexible plan, if it suits you both | MINDSET ☐ Make time for something unrelated to work, if you can |
| MOVEMENT ☐ Try two comfortable off-duty stretch sessions this week | NUTRITION ☐ Sit down to eat during one authorized break, if seating is available | CONNECTION ☐ Reconnect with someone you miss, reply optional | MINDSET ☐ Give yourself a brief pause after your commute, if you can | MOVEMENT ☐ Move your knees and hips comfortably after a kneeling-heavy day |
| NUTRITION ☐ Eat something warm after a cold-weather day | CONNECTION ☐ Ask how their week is going, with no pressure to share | Free Space WORKPLACE | MOVEMENT ☐ Walk, roll, or move somewhere away from the jobsite | MINDSET ☐ Separate your worth from today's pace or the project outcome |
| CONNECTION ☐ Invite someone to share part of a break, if you both want to | NUTRITION ☐ Pack food you can store safely until an authorized break | MINDSET ☐ Let a weather delay be a delay, not a verdict on your effort | NUTRITION ☐ Drink water before you feel thirsty | MOVEMENT ☐ Shake out your hands after a day on the tools |
| MINDSET ☐ Name one part of yourself that has nothing to do with the job | CONNECTION ☐ Say hello to someone from another trade during a break | MOVEMENT ☐ Unclench your jaw after a noisy workday | CONNECTION ☐ Welcome someone new to the crew | NUTRITION ☐ Eat something before an early start |


fegud

A fresh card for every employee, every month.

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| ● NUTRITION ☐<br>Eat something warm after a cold-weather day | ● CONNECTION ☐<br>Ask how their week is going, with no pressure to share | Free Space<br>WORKPLACE | ● MOVEMENT ☐<br>Walk, roll, or move somewhere away from the jobsite | ● MINDSET ☐<br>Separate your worth from today's pace or the project outcome |
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