

Distributed Team Wellness Bingo

DISTRIBUTED TEAMS • EMPLOYEE WELLNESS
REMOTE + HYBRID • FLEXIBLE SCHEDULES • FREE EDITION

24 ACTIVITIES • 5 x 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 ☐ Close one work tab before opening the next task	● MOVEMENT ☐ Choose comfortable movement or rest away from the screen	● NUTRITION ☐ Prepare a drink or snack that works for your day	● CONNECTION ☐ Send a thank-you message across a time zone	● MINDSET ☐ Write tomorrow's first task before signing off
● MOVEMENT ☐ Take one camera-off reset between calls	● NUTRITION ☐ Move one meal away from your main screen, if practical	● CONNECTION ☐ Share one useful recommendation in a team channel	● MINDSET ☐ Mute one work notification after your hours	● MOVEMENT ☐ Look away from the screen for 20 seconds
● NUTRITION ☐ Put a drink within reach, if helpful	● CONNECTION ☐ Share your local working hours with the team	Free Space WORKPLACE	● MOVEMENT ☐ Choose seated movement, standing movement, or rest	● MINDSET ☐ Take a real break away from work chat
● MINDSET ☐ Turn one status update into an asynchronous note	● CONNECTION ☐ Share one accessibility preference privately	● MOVEMENT ☐ Step outside or look out a window	● MOVEMENT ☐ Adjust your text size or display contrast	● NUTRITION ☐ Choose a low-effort meal or snack
● MINDSET ☐ Decline one optional meeting that you do not need	● MINDSET ☐ Finish work at your planned time	● CONNECTION ☐ Message a coworker without expecting a reply	● MINDSET ☐ Add one uninterrupted focus block to your calendar	● MINDSET ☐ Make room for one quiet minute between tasks



A fresh card for every employee, every month.

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