

FEBRUARY 2026

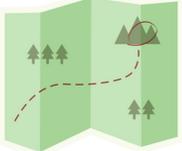


BINGO CHALLENGE

February may be shorter, but it can still feel heavy, so this bingo card is here to help you keep moving gently, notice small moments of brightness, and stay connected to yourself without pressure.

- Complete activities at your own pace throughout the month
- Get a Bingo (5 in a row), multiple Bingos, or go for a full blackout
- Modify anything as needed—this is about participation, not perfection
- Share progress if you want, or keep it just for you

✨ No pressure. Just momentum.

<p>park further away on purpose</p> 	<p>do 10 minutes of mobility or stretching</p> 	 <p>step outside just to breathe the fresh air</p>	 <p>try a new trail</p>	 <p>walk with a friend</p>
 <p>unsubscribe from emails</p>	<p>drink one extra glass of water</p> 	<p>pack a healthy snack "just in case"</p> 	<p>move your body on a day you just do not feel like it</p> 	<p>do a hill, stairs, or incline workout</p> 
<p>learn one new outdoor or fitness-related fact</p>  <p>Did you know?</p>	 <p>National Pizza Day is this month—try a new pizza or pizza place</p>		<p>move for joy, not distance</p> 	<p>go to bed 30 minutes earlier</p> 
 <p>plan a future adventure</p>	<p>hug someone</p> 	<p>do a short strength session</p> 	 <p>turn off unnecessary notifications</p>	<p>leave a positive comment on someone's post</p> 
<p>choose rest on purpose</p> 	<p>catch a sunrise or sunset</p> 	<p>step outside even when the weather is not ideal</p>	<p>learn about World Wetlands Day</p> 	<p>celebrate a small win out loud</p> 

I am proud of you