

JANUARY 2026

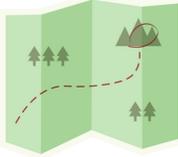


BINGO CHALLENGE

January can feel long, dark, and a little unmotivating—so this bingo card is here to give you gentle structure, playful accountability, and permission to just show up.

- Complete activities at your own pace throughout January
- One square = one completed action
- Get 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>take a walk without tracking it</p>	<p>do 10 minutes of mobility or stretching</p> 	<p>go outside before noon on a non-work day</p> 	<p>try a new trail</p> 	<p>walk with a friend</p> 
<p>take a cold-weather photo you love</p> 	<p>drink water before caffeine</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>write down one thing your body did well</p>		<p>move for joy, not distance</p> 	<p>go to bed 30 minutes earlier</p> 
<p>plan a future adventure</p> 	<p>walk in silence – no music, books, or podcasts</p>	<p>do a short strength session</p> 	<p>try a new kind of socks, shoes, or other piece of gear</p>	<p>leave a positive comment on someone's post</p> 
<p>choose rest on purpose</p> 	<p>move during daylight hours</p> 	<p>step outside even when the weather is not ideal</p>	<p>reflect on what consistency looks like for you</p>	<p>celebrate a small win out loud</p> 

I am proud of you