

MARCH 2026



BINGO CHALLENGE

We have made it! We are getting more daylight and the temperatures are rising! We practiced small moments of mindfulness and self-care throughout the winter and now those habits are set as we head into this exciting season!

- 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>browse the International Women's Day Website</p> 	<p>do 10 minutes of mobility or stretching</p> 	 <p>have pie on Pi Day</p>	<p>learn about a historical woman</p> 	<p>walk with a friend</p> 
<p>walk outside without shoes</p> 	 <p>learn about World Wildlife Day 2026</p>	<p>eat local, in-season fruits</p> 	<p>look up local International Women's Day events</p> 	<p>learn about another historical woman</p> 
<p>walk in a new-to-you park</p> 	<p>update all clocks on the same day</p> 		 <p>donate clothes you do not wear</p>	<p>drink one extra glass of water</p> 
 <p>plan a future adventure</p>	<p>walk in a forest for International Forest Day</p> 	<p>do a short strength session</p> 	<p>catch a sunset</p> 	<p>walk in another new-to-you park</p> 
 <p>eat local, in-season veggies</p>	<p>catch a sunrise</p> 	 <p>make a plan for Earth Day next month</p>	<p>park further away on purpose</p> 	<p>celebrate a small win out loud</p> 

I am proud of you