



MoBra Bingo

Move
Before
9am

Mail
A
Letter

Get
8 hours
of Sleep

Dance
to a
Fav Song

Smile
At A
Stranger

Read
A
Book

Know
Thy
Nuts

Pay
It
Forward

Phone
Off The
Table

Reach
Out

Wear
A
Mo

Take
The
Stairs



PSA
Test

Compliment
Someone's
Moustache

Spend
2+ Hours
Outside

Create
Something

Volunteer
Your
Time

Random
Act of
Kindness

100
Jumping
Jacks

Ask
For
Donations

Compliment
Yourself

No Social
Media for
24 Hours

Don't
Say
"Fine"

Park in
the back.
Or walk.

Rules: Complete each activity and get the following points for each Bingo (5 in a row)

+10 pts - 1st Bingo

+20 pts - 2nd Bingo

+20 pts - 3rd Bingo

+50 pts - Fill the Card (Blackout or Coverall)

Total achievable points: 100

Move Before 9am: Do your 30 minutes of movement at the start of your day.

Mail a Letter: send a physical hand-written letter to a friend or family member

Get 8 Hours of Sleep: in one night. ;)

Dance to a Favorite Song: Blast a tune you like and dance the cares away!

Smile at a Stranger: a nice friendly smile. Don't be creepy.

Read a Book: any book, any genre

Know Thy Nuts: Follow Movember's guide to checking your nuts for abnormalities related to testicular cancer. Women: talk to a man in your life about the importance of regular checkups.

Pay It Forward: Notice something kind someone does for you, then do the exact same thing for someone else. Holding open a door, buying a cup of coffee, etc.

Phone off the Table: During a meal with someone else, agree to keep your phones and devices off the table and don't check them during the meal.

Reach Out: reach out and check on a friend who you haven't talked to since at least March.

Wear A Mo: real or fake, anywhere on your body, in public

Take the Stairs: instead of the elevator or escalator

PSA Test: men over 45, talk to your Dr. about this easy test for prostate cancer. Everyone else: talk to a man over 45 about the importance of a yearly PSA test. If you've had your test this year, go ahead and check this off.

Compliment Someone's Moustache: exactly as it says. Don't be creepy.

Spend 2+ Hours Outside: consecutively, at one time.

Create Something: absolutely anything. Draw, paint, knit, sew, Strava art, cookies, etc

Volunteer Your Time: for an organization or for a friend/family member. Spend at least one hour of your time in the service or someone or something else without getting anything in return.

Random Act of Kindness: like Pay It Forward, except this time, YOU start the kindness chain.

100 Jumping Jacks: get the blood flowing!

Ask for Donations: privately or publicly, fundraise for Movember. Check our website for help and tips if this isn't a comfortable thing for you.

Compliment Yourself: write down at least 3 positive things about yourself.

No Social Media for 24 Hours: exactly what it says.

Don't Say Fine: When someone asks how you're doing, actually tell them honestly how you're doing. Don't say "Fine".

Park in the Back. Or Walk: Purposefully choose to walk to a destination or park in the back of the parking lot and walk to it.