

Utah Walk Month Bingo Instructions



October is Walk Month in Utah! Join us for a month of walking by participating in our Utah Walk Month Bingo challenge!

With bingo boards for all ages, you can cross off the activities you complete during the month of October! Be sure to submit your completed boards to Mercedes Maestas (mmaestas@slco.org) by October 29.

Winners will be notified on November 1!

Entries can be scanned or a photo taken of your board and emailed to Mercedes Maestas. You may submit your boards at any time during the month. If you choose to do it as a family or with friends, a board for each person that participated is welcome.

Bonus points will be added for including pictures for each of your completed tasks.

Walk to School Day - October 6, 2021



Utah Walk Month Bingo



K-8 Grade Edition

Walk on a trail and pick up trash	Walk backwards	Take a picture of something cool you found on your walk	Take a walk with your family	Say 'Hi' to someone walking by
Walk to a playground	Find and walk to a little free library near you littlefreelibrary.org	Take a walk with a friend	Walk to the grocery store	Walk to a family members house
Wear bright colors while walking	Draw a picture of you walking in your community	Happy Walk Month! Free	Take a pet on a walk	Walk to a playground
Log the days you walked to school on safe routes. Utah.gov	Walk in a local park	Take the stairs	Walk during lunch or recess	Walk for 20 minutes
Walk 1 mile	Walk on a new trail	Cross with a crossing guard	Write a story about Walking in your community!	Walk to School



Utah Walk Month Bingo



9-12 Grade Edition

Walk on a trail and pick up trash	Make a TikTok promoting safe walking	Take a picture of something cool you found on your walk and post on social media	Take a walk with your family	Say 'Hi' to someone walking by
Wear reflective gear when walking at night	Find and walk to a little free library near you littlefreelibrary.org	Take a walk with a friend	Walk to the grocery store	Walk to a friends house
Have a walking staff meeting	Take a walk on your lunch break	Happy Walk Month! Free	Take a pet on a walk	Walk to a playground
Walk the longer route to classes	Walk in a local park	Take the stairs	Thank a crossing guard	Walk for 20 minutes
Walk 1 mile	Walk on a new trail	Cross using the crossing signals	Park further away at the store	Encourage friends to participate in a walking challenge



Utah Walk Month Bingo



Adult Edition

Walk on a trail and pick up trash	Walk to a restaurant	Take a picture of something cool you found on your walk and post on social media	Take a walk with your family	Say 'Hi' to someone walking by
Talk to local leaders about walking trails in your area.	Find and walk to a free little library	Take a walk with a friend	Walk to the grocery store	Walk to a family members house
Walk on a new trail	Take a walk on your lunch break	Happy Walk Month! Free	Take a pet on a walk	Walk to a playground
Thank a local crossing guard	Walk in a local park	Take the stairs	Have concerns? Participate in a walking survey with SLCoHD	Walk for 20 minutes
Walk 1 mile	Have a walking staff meeting	Host a walking contest with family or friends	Park further away at the store	Walk your child to School

