

## Fairbanks Heart Walk Kick-Off Bingo

Print out this card and complete each square by June 30! The person who completes each square and raises the most money for their team before the June 30 deadline will win an Alaska Airlines roundtrip ticket! Email your completed card to [Jacyn.DeBaun@heart.org](mailto:Jacyn.DeBaun@heart.org).

Text 10 of your family or friends your Heart Walk page link	Personalize your Heart Walk page	Walk 10,000 steps in one day	Recruit someone to join your Heart Walk team	Receive 5 Donations to your Heart Walk Team
Go on a hike/walk	Step outside and breath fresh air	Make a donation on your Heart Walk page	Drink 64 ounces of water in a single day	<a href="#">Watch a video to learn Hands-Only CPR</a>
Set your fundraising goal on your Heart Walk page	Receive 10 Donations to your Heart Walk Team	<a href="#">Register for the Fairbanks Heart Walk</a>	Eat two servings of Vegetable in 1 day	Dance for your entire favorite song
Take a picture of Golden Heart Plaza	Eat two servings of fruit in 1 day	Do something mindful to relieve stress	Call a friend or family member to check in	Share your fundraising page on Social Media or send 10 emails
<a href="#">Download the Heart Walk app</a>	Clean for 20 minutes—it's like walking a mile!	Recruit 5 team members to join your Heart Walk Team	Do three 1-minute chair sits	Share a heart healthy recipe

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