

MetLife | Legal Plans

MetLife Legal Virtual Health & Benefits Fair Bingo

Attend a live event during the Virtual Fair ☐	Stop using screens 45 minutes before bedtime ☐	Register for MetLife Legal Plans Virtual Fair website ☐	Take a walk between meetings OR take a walking meeting ☐
Try one of these breathing techniques to relieve stress! ☐	Visit at least 3 virtual vendor booths ☐	Free Square! ☐	Try a new vegetable, ie. parnsips or brussel sprouts ☐
Check out the Raffle Prizes Page! ☐	Make a kind comment or gesture to a stranger ☐	Track your water intake each day. Drink half your weight in ounces! ☐	Try a new recipe this week. Need ideas? Check this out! ☐
Commit to no screen time for 60 minutes before bedtime! ☐	Get 8 hours of sleep one night this week ☐	Write down 3 things you're grateful for today ☐	Take a 5-minute stretch break during your workday ☐

Submit your survey here!