



Powering
well-being.

Mid-South WORKER WELLNESS CHALLENGE



15 Ways to Care for Your Whole Self

Complete only 10 activities to be entered into the prize drawing.
Complete all 15 activities for a bonus entry!

1



Take a 30-minute walk
or complete another
form of exercise.

(Vitality: Log a workout)

☐

2



Read a wellness
article or devotional.
(Vitality: Read an article)

☐

3



Set one personal
wellness goal for
the next month.

(Vitality: Set a goal)

☐

4



Check in on your
progress toward
that goal.

(Vitality: Check in
to your goal)

☐

5



Complete a personal
wellness assessment.

(Vitality: Health Assessment
or district equivalent)

☐

6



Watch a wellness
video or webinar.

(Vitality: Watch a video
or Health FYI webcast)

☐

7



Spend 15 minutes caring
for your emotional well-
being (prayer, journaling,
quiet reflection, etc.).

(Vitality: Mental Wellbeing
Assessment)

☐

8



Schedule or attend a
preventive health
appointment (doctor,
dentist, vision, etc.).

(Vitality: Preventive activity
or Visit the dentist)

☐

9



Learn one new tip
about healthy eating
or prepare a
healthy meal.

(Vitality: Healthy Eating
Assessment)

☐

10



Complete one financial
wellness activity (review
your budget, savings,
retirement, etc.).

(Vitality: Financial Wellbeing
or Financial Learning Activity)

☐

11



Encourage another
church worker with a
note, call, text,
or visit.

☐

12



Take your scheduled
day off or intentionally
spend time resting
with your family.

☐

13



Share one Worker
Wellness resource
with a friend or
coworker.

☐

14



Participate in
worship or a
Bible study
this week.

☐

15



Pray specifically for
another church
worker by name.

☐


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AUGUST 10 – SEPTEMBER 28, 2026

Turn in your completed card by September 28, 2026.

Let's grow together in wellness!



CPS members:

Complete these activities
in the Power of Vitality
app to earn Vitality points!
(See reverse for details.)



Thank you, Concordia Plans Services, for sponsoring this challenge and investing in the wellness of our church workers!

Vitality is a program of Concordia Plans Services, a ministry of The Lutheran Church—Missouri Synod.

Mid-South Worker Wellness Challenge

Participant Information

Please complete this information before submitting your bingo card.

Name: _____

Congregation / School: _____

Mailing Address: _____

City: _____

State: _____

Zip: _____

Phone: _____

Email (optional): _____

Challenge Completion

- ☐ I completed 10 activities and qualify for a \$10 Gift Card.
- ☐ I completed all 15 activities and would like to be entered into the Grand Prize Drawing.

Signature

I certify that I completed the activities marked on this bingo card.

Signature: _____

Date: _____

Return Your Completed Bingo Card

Mail to:

Mid-South District Worker Wellness

1675 Wynne Road

Cordova, TN 38016

or

Email a scanned copy or photo to:

rmoyer@mid-southlcms.com