




:ratio™




the rules are simple:

-  download or print out the bingo card below to bring on your hike
-  cross off as many challenges as you can
-  snap a picture of your finished bingo cards and give us a shout on social @ratiofood with #ratiobingo

← safe travels! →

as you venture into the great outdoors, please prioritize your safety. make sure to pack all the essentials such as a phone, map, sunscreen, bug spray, snacks and enough water to stay hydrated. familiarize yourself with the trail and inform someone about your hiking plans. hike safe and have fun!

walk or hike at least one mile	spot a beautiful soaring bird	learn the names of three different types of trees	find a peaceful spot to relax	close your eyes and listen to the sounds of nature
mediate in nature for at least 2 minutes	skip a rock	find a waterfall, river or creek	take a break and fuel up with a delicious :ratio snack	capture a photo of a breathtaking view
find an interesting rock or leaf	spot a bunny, squirrel or duck	:ratio. 	walk out on a pier or dock	share & tag your hiking adventure with us on social @ratiofood
find a sign or a marker along the trail	learn an interesting fact about your trail	smell a colorful wildflower	pick up any trash you see and toss it in an appropriate bin	cross a bridge
say hello to a fellow hiker	walk over 4,000 steps	hike to a scenic overlook	pack a picnic and find a cozy spot to enjoy it	snap a photo of your hiking trail and the :ratio snack you brought