

FITNESS BINGO #1

Have a grownup initial each square as your complete it! Get a blackout (all squares covered), then email it to Mrs. White to be put in a drawing for a goodie bag!

Go for a 10-minute walk.	Wash your hands before every meal.	Cook one new healthy recipe with your family	Do 6 laps around your home.	Complete one of the exercise videos from Mrs. White.
Try something new! Write below: _____	30 jumping jacks	10 push ups 20 squats 30 curl ups	Play outside for 20 minutes.	20 Lunges (alternate legs) 20 Calf Raises (up on your toes)
30 catches with a ball or item of your choice	Your choice of fitness-based activity for 20 minutes	FREE SPACE	Go for a 20-minute walk.	Play a game with your family. (cards, sport, board game, etc.)
45 second plank	Play outside for 20+ minutes	Eat only food that can be grown or ranched.	Create a dance and teach it to someone	10 push ups 10 Curl Ups 10 Squats 10 second Butterfly Stretch
Give a compliment to each person in your house.	Jog in place for 1 minute	Your choice active activity For 10 minutes	Drink at least 5 cups of water in a day.	Help clean the germs in at least one room in your home.