

FITNESS BINGO #1

Have a parent/guardian initial each square as your complete it! Get a blackout (all squares covered) and return to Coach Williams or Coach Cochran to be put in a drawing for a goodie bag!

Go for a 10 minute walk.	Pick up sticks and trash in your yard.	Cook one new healthy recipe with your family	Do 6 laps around your home.	Eat 3 cups of veggies in a day.
Try something new! Write below: <hr style="width: 100%; border: 0.5px solid black;"/>	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 3 cups of veggies in a day	Play catch with a sibling or parent	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.