

FITNESS BINGO

April 14 - 17

Have a parent/guardian initial each square as you complete it!

Get a blackout (all squares covered) and email to Mrs. Mack.

Go for a 10 minute walk.	Read at least 20 pages in a book.	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: _____	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	Read at least 10 pages in a book.	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.