

B I N G O

Figure out 3 Health snacks that you can eat	Jog in place (at least 1 minute)	Wall Sit-30 seconds bottom off of floor 90 degree knees	Write down your favorite fruit or vegetable	Do 25 calf raises
Do 5 minutes worth of stretches	Do 20 arm circles-forward direction	Jump up and down 25 times	Do 20 Wall push-ups using good form	Do 15 Sit-ups or curl-ups
Do 10 Jumping Jacks	Do 20 Crunches	Free!	Hop on you left foot 10 times	Write down how many cups of water you drank today
Ride a bike for 30 minutes	Jump forward and backward over a line 15 times	Hop on your right foot 10 times	Go on a ten minute walk	Do 20 seconds of straight leg toe stretches
Eat at least one fruit or vegetable	Jump side to side over a line 25 times	Do 20 Jumping Jacks	Do 20 Arm Circles-Backward direction	Do 15 High Knees