**FITNESS BINGO #1**

Have a parent/guardian initial each square as your complete it! Get permission from your parents to do something that you like.

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| 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. |