
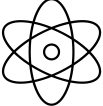
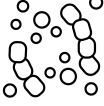

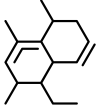









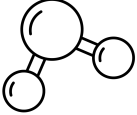
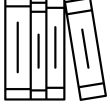
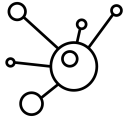


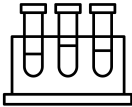
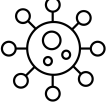
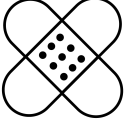



PHYSICAL ACTIVITY BINGO

Try to complete an activity or exercise every day! Cross off the box after you complete the activity. Try to get a BINGO by completing a horizontal, vertical, or diagonal line.

B	I	N	G	O
Take a walk with a family member 	Complete 10 push-ups 	Play at a park for 20 minutes 	Do 20 tuck jumps 	Play hopscotch 
Skip in place for 3 minutes 	Play musical chairs 	Have a dance party 	Have a bear crawl race 	Do 50 jumping jacks 
Build a snowman 	Do 25 sit-ups 	FREE SPACE	Create an obstacle course and have a race 	Jog in place for 3 minutes 
Do 15 burpees 	March in place for 5 minutes 	Play follow the leader 	Have a snowball fight 	Go sledding 
Play a game of tag 	Play 'Simon Says' 	Do 25 squats 	Jump in place for 2 minutes 	Go on a bike ride 