


# May Fitness Bingo!

## CHALLENGE

Stretch for every commercial during TV time!	Read a book and do the plank at the same time.	Go for a bike ride with your family! (wear your helmet)	Sit & Reach stretch while reading	Do 20 Shoot baskets outside
Do 30 seconds of push-ups	Plank while reading	8 minutes of jogging with your family	Do 10 Praying Mantises 5 Times a Week	Play a ball activity with a family member
Play actively with your family for 30 minutes	Get 10 hours of sleep 3 days Monday Thru Friday. (No Weekends)	 Free!	Go for a walk with your family	Stretch with your family for 10 minutes
Eat a rainbow of colors on your dinner plate	Family plank challenge! Who can hold the longest?	Eat a heart smart dinner	Squeeze a tennis ball for grip strength 10x's	Do Superman for a minute with your family
After school go without electronics and play outside	After school go without electronics and play outside	After school go without electronics and play outside	After school go without electronics and play outside	After school go without electronics and play outside

Name \_\_\_\_\_ Grade: K 1 2 3 4 5

Which activities did you like the best and why?

Turn completed and parent signed Bingo card in to Coach Bussell by June 6<sup>th</sup> to receive a little foot token (Earn a bingo vertical, horizontal, diagonal or EVERY BOX!)

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Parent signature

Coach Bussell