

Sports and Fitness Bingo

30 Second Side Plank Each Side	20 Burpees	20 Plank Shoulder Taps	Drink 4 glasses of water every day this week	Eat a healthy lunch at least 3 days this week.
10 Twisting Crunches (when you crunch twist to touch elbow to opposite knee)	Practice a sport of your choice for at least 20 minutes today	Hop on each foot 30 times	20 Bicycle Crunches	60 Second Wall Sit
20 Skaters	Do something you enjoy for 30 minutes today	Write down something that made you happy every day this week	25 Jumping Jacks	20 Curtsy Lunges
30 Mountain Climbers	Go For a walk and take a picture of something that makes you smile.	60 Second Squat Shuffle	Plank with 20 Leg Lifts	Eat 2 servings of fruit every day this week
Eat 2 servings of vegetables every day this week	25 Squat Jumps	Play Catch or Frisbee for 15 Minutes	30 Sit-Ups	Jog in place during commercials or between episodes while watching T.V.

Bingo Card Week 10