

Below is a BINGO Board of activities. Check off each activity you complete. Be active and have fun!

	<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
<b>1</b>	Jump on two feet for 1 minute	Touch your toes 20 times	20 Jumping Jacks	Run around your yard 2 to 4 times	Find 3 rocks outside
<b>2</b>	Identify 2 different plants outside	20 Toe Touches	Hop on one foot for 30 seconds Left & Right	20 Lunges	Run in place for 1 minute
<b>3</b>	10 Push-Ups	Go to a playground	Skip around your home 2 times	Play outside	20 Squats