

B	I	N	G	O
Take a group fitness class 2x a week	Do 10 jumping jacks & 20 knee lifts every day for a week	Go to the gym 3x a week	Take 2 group fitness classes this week	Reach 8 000 steps 3x this week
Do a 10 min morning stretch every day for a week	Take a 20 minute walk 2x this week	Run 1 mile 4x a week	Do 25 sit-ups a day for a week	Take a 15 min walk outside 2x week
Take a group fitness class 2x a week	Do 3 sets of 10 squats 4 days this week	FREE	Lift weights 3x a week	Reach 6 000 steps 3x this week
Take a 10 min walk outside 3x week	Reach 60 000 in a week	Run 3 miles 2x a week	Go up and down stairs 10 times 3x in a week	Ride a bike for 30 min everyday
Do 50 squats in a day	Take a 10 min walk outside 3x week	Do a fitness class 3x this week	Take the stairs 3x week	Get up and move every hour for 5 mins

B	I	N	G	O
Take a group fitness class 2x a week	Take the stairs 3x week	Do 25 sit-ups a day for a week	Reach 60 000 in a week	Do a 10 min morning stretch every day for a week
Take 2 group fitness classes this week	Reach 6 000 steps 3x this week	Go to the gym 3x a week	Ride a bike for 30 min everyday	Do 3 sets of 10 squats 4 days this week
Lift weights 3x a week	Do 10 jumping jacks & 20 knee lifts every day for a week	FREE	Go up and down stairs 10 times 3x in a week	Run 3 miles 2x a week
Get up and move every hour for 5 mins	Take a group fitness class 2x a week	Do a fitness class 3x this week	Take a 10 min walk outside 3x week	Do 50 squats in a day
Reach 8 000 steps 3x this week	Hold a one minute plank 5x a week	Take a 15 min walk outside 2x week	Run 1 mile 4x a week	Take a 20 minute walk 2x this week

B	I	N	G	O
Take a 10 min walk outside 3x week	Go up and down stairs 10 times 3x in a week	Take a group fitness class 2x a week	Get up and move every hour for 5 mins	Take 2 group fitness classes this week
Take a 10 min walk outside 3x week	Take a 15 min walk outside 2x week	Take the stairs 3x week	Reach 60 000 in a week	Do 3 sets of 10 squats 4 days this week
Run 3 miles 2x a week	Do 25 sit-ups a day for a week	FREE	Lift weights 3x a week	Go to the gym 3x a week
Hold a one minute plank 5x a week	Reach 8 000 steps 3x this week	Do 50 squats in a day	Do 10 jumping jacks & 20 knee lifts every day for a week	Take a group fitness class 2x a week
Take a 20 minute walk 2x this week	Run 1 mile 4x a week	Reach 6 000 steps 3x this week	Ride a bike for 30 min everyday	Do a fitness class 3x this week