B	I	N	G	O
Make someone laugh	1 minute bear crawl	40 push-ups	Eat 1 fruit or veggie every meal for 7 days	Do a chore that would make your parents happy
100 mountain climbers	Give your mom/dad/sibling a hug	Donate a case of bottled water	1 minute crab walk	Drink a 64oz of water in a day
Eat a healthy breakfast	Run/walk 1min in a day	**FREE**	100 air squats	Accumulate 3min pull-up bar hang in a day
Attend 4 kids classes in the month	Eat a green vegetable everyday for a week	Brush your teeth for 2min 2x/day for 7 days	50 walking lunges	Do something that makes you happy
50 burpees	100 jumping jacks	Donate a pack of dry erase markers	Yell "I love burpees" in class while doing burpees	100 sit ups

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B	I	N	G	O
Run/walk 1min in a day	1 minute crab walk	Eat 1 fruit or veggie every meal for 7 days	100 mountain climbers	Donate a case of bottled water
40 push-ups	Yell "I love burpees" in class while doing burpees	Do a chore that would make your parents happy	100 jumping jacks	Drink a 64oz of water in a day
Attend 4 kids classes in the month	100 air squats	**FREE**	Accumulate 3min pull-up bar hang in a day	1 minute bear crawl
50 walking lunges	Donate a pack of dry erase markers	Make someone laugh	100 sit ups	Eat a green vegetable everyday for a week
Brush your teeth for 2min 2x/day for 7 days	Do something that makes you happy	Eat a healthy breakfast	Give your mom/dad/sibling a hug	50 burpees

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