

B	I	N	G	O
Play outside 30 mins	20 catches	20 throws	Learn a softball joke	Eat a healthy breakfast
20 pop fly catches	Play catch with a parent	Eat your vegetables	20 ground balls	High knees for 20 seconds x3
Play catch with a friend	Sing 3 cheers	FREE	20 hits	Complete warmup throw progression
Do 2 chores	Name all the fielding positions	Do your homework	Clean your room	Eat your fruits
5 first base sprints	20 jumping jacks	Go to bed on time	Wake up on time	20 swings

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Sing 3 cheers	20 ground balls	Learn a softball joke	20 pop fly catches	Eat your vegetables
20 throws	Wake up on time	Eat a healthy breakfast	20 jumping jacks	High knees for 20 seconds x3
Do 2 chores	20 hits	FREE	Complete warmup throw progression	20 catches
Clean your room	Go to bed on time	Play outside 30 mins	20 swings	Name all the fielding positions
Do your homework	Eat your fruits	Play catch with a friend	Play catch with a parent	5 first base sprints

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20 jumping jacks	Go to bed on time	20 ground balls	Eat your fruits	20 hits
Play outside 30 mins	Do 2 chores	Do your homework	Play catch with a parent	Eat a healthy breakfast
Play catch with a friend	20 swings	FREE	Name all the fielding positions	Clean your room
Sing 3 cheers	High knees for 20 seconds x3	Learn a softball joke	Wake up on time	20 throws
Complete warmup throw progression	20 catches	Eat your vegetables	20 pop fly catches	5 first base sprints