

B	I	N	G	O
Swap a healthy snack for a high calorie snack	10 Squats	25 Jump Ropes	Eat a piece of fresh fruit	5 Minute Plank
25 Bicep Curls both arms with resistance band	Stair step through an entire song	5 laps around inside of school	10 lunges with each leg	Hula Hoop for 5 minutes at 3 different times during the day.
Walk a Mile	100 Steps on Pedometer	FREE	25 Sit-Ups	25 Toe Touches
Go an entire day with NO soft drink of any kind	25 standing leg lifts on each leg	Drink 44oz of water	25 Jumping Jacks	5 Push-Ups
100 steps on pedometer	Give someone a compliment that does not work in your hall	25 Calf raises (up & down on toes)	Walk a Mile	25 Crunches

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Walk a Mile	Walk a Mile	10 lunges with each leg	25 standing leg lifts on each leg	25 Bicep Curls both arms with resistance band
Eat a piece of fresh fruit	25 Toe Touches	25 Jump Ropes	5 Push-Ups	100 Steps on Pedometer
25 Sit-Ups	10 Squats	FREE	25 Jumping Jacks	Drink 44oz of water
25 Crunches	Swap a healthy snack for a high calorie snack	25 Calf raises (up & down on toes)	Go an entire day with NO soft drink of any kind	100 steps on pedometer
5 Minute Plank	25 Laps in Gym	Hula Hoop for 5 minutes at 3 different times during the day.	5 laps around inside of school	Stair step through an entire song

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Go an entire day with NO soft drink of any kind	25 Jumping Jacks	Walk a Mile	25 Crunches	Eat a piece of fresh fruit
Give someone a compliment that does not work in your hall	Hula Hoop for 5 minutes at 3 different times during the day.	Walk a Mile	25 standing leg lifts on each leg	100 Steps on Pedometer
Drink 44oz of water	10 lunges with each leg	FREE	25 Sit-Ups	25 Jump Ropes
25 Laps in Gym	5 Minute Plank	100 steps on pedometer	10 Squats	Swap a healthy snack for a high calorie snack
Stair step through an entire song	5 laps around inside of school	25 Toe Touches	5 Push-Ups	25 Calf raises (up & down on toes)