

B	I	N	G	O
Yoga Pose-Down Dog (30 sec)	10 High-Knees	5 Cartwheels	Quad Stretching (5 X 10 sec)	Get At Least 6 Hours of Sleep
20 Crunches (standing or laying)	Wear Your Seatbelt	Minimum of 8 ounces of Water	10 Jumping Jacks	Walk the Balance Beam
10 Push-Ups	Hamstring Stretch (5 X 10 sec)	FREE	Calf Stretch (5 X 10 sec)	Wash Your Hands
Eat Breakfast	Walk Oswalt Nature Trail	Floss Your Teeth	Part of Wolfpack Strong/Wellness	Avoid Fried Foods
5 Pull-Ups	Grapevine / Karaoke	10 Squats	10 Walking Lunges	Shoulder Stretch

B	I	N	G	O
Brush Your Teeth	10 Push-Ups	Calf Stretch (5 X 10 sec)	Wear Your Seatbelt	10 Jumping Jacks
Yoga Pose-Down Dog (30 sec)	Wash Your Hands	Hamstring Stretch (5 X 10 sec)	Quad Stretching (5 X 10 sec)	Grapevine / Karaoke
Eat Breakfast	Get At Least 6 Hours of Sleep	FREE	20 Crunches (standing or laying)	5 Cartwheels
Minimum of 8 ounces of Water	Yoga Pose-Triangle (30 sec)	Shoulder Stretch	Walk Oswalt Nature Trail	10 Squats
10 Walking Lunges	Part of Wolfpack Strong/Wellness	10 High-Knees	Floss Your Teeth	Yoga Pose-Warrior III (30 sec)

B	I	N	G	O
Yoga Pose-Triangle (30 sec)	30 Second Wall Sit	10 Push-Ups	Shoulder Stretch	20 Crunches (standing or laying)
Hamstring Stretch (5 X 10 sec)	5 Burpees	Yoga Pose-Warrior III (30 sec)	10 Jumping Jacks	Yoga Pose-Down Dog (30 sec)
Floss Your Teeth	10 Walking Lunges	FREE	Quad Stretching (5 X 10 sec)	Calf Stretch (5 X 10 sec)
5 Cartwheels	Brush Your Teeth	10 High-Knees	5 Pull-Ups	Grapevine / Karaoke
Part of Wolfpack Strong/Wellness	Wear Your Seatbelt	Walk Oswalt Nature Trail	Eat Breakfast	Walk the Balance Beam