

B	I	N	G	O
Use the treadmill or exercise bike	Do 10 push-ups	Drink 4 glasses of water	No food 90 mins before bed	Eat only 1 serving size of a snack
Do 20 sit-ups/crunches	Sleep for 8 hours	Exercise/play outside 60 mins	Do 10 squats	Run up/down stairs 5 times
Walk around during commercial break	Do 15 sec plank	Eat 3 veggie servings	Eat a snack with protein	Replace junk food with a healthy snack
Eat fruit & veggies with a meal	Hit/kick punching bag 100 times	Drink 6 glasses of water	Exercise 2 days in a row	Do 15 triceps dips
Play a sport	Do 25 calf raises	Walk/Run to & from bus stop	Do 25 jumping jacks	Eat 3 fruit servings

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Do 20 sit-ups/crunches	Drink 4 glasses of water	Exercise/play outside 60 mins	Exercise 2 days in a row	Use the treadmill or exercise bike
Eat fruit & veggies with a meal	Do 25 calf raises	Sleep for 8 hours	Drink 6 glasses of water	No food 90 mins before bed
Play a sport	Walk/Run to & from bus stop	Eat 3 fruit servings	Do 10 push-ups	Eat a snack with protein

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Eat fruit & veggies with a meal	Play a sport	Exercise/play outside 60 mins	Do 15 sec plank	Sleep for 8 hours
Walk around during commercial break	Hit/kick punching bag 100 times	Walk/Run to & from bus stop	Do 10 squats	Do 10 push-ups
Eat a snack with protein	Run up/down stairs 5 times	No food 90 mins before bed	Drink 4 glasses of water	Eat only 1 serving size of a snack