

B	I	N	G	O
Team 2 passing TD	10 Burpees	5 Keepie Ups both feet both knees and one header	Team 1 Fumble Lost	Kill the ball first touch out of the air
40 Keepie ups	Team 2 Fumble Lost	Post Video of favourite dad joke	10 Keepie ups against a wall	Team 2 3rd down conversion
10 Star Jumps	Balance the ball on your head for 10 Seconds	FREE	Film an around the world	Team 1 timeout
Film favourite fortnite dance	Team 1 Field Goal	5 right foot Keepie ups hoping on left foot	Left leg plank 1 minute	5 Left foot Keepie ups while hoping on right foot
10 left foot Keepie ups	20 Press ups	Plank for 2 minutes	40 toe taps in 30 seconds	Right leg plank 1 minute

B	I	N	G	O
Team 2 timeout	Team 1 passing TD	Team 1 Field Goal	Post Video of favourite dad joke	Team 1 timeout
10 left foot Keepie ups	20 Press ups	Right leg plank 1 minute	Left leg plank 1 minute	40 Keepie ups
Plank for 2 minutes	10 Keepie ups against a wall	FREE	Balance the ball on your head for 10 Seconds	10 Burpees
Kick the ball first touch out of the air	Team 2 passing TD	Tie game after 0-0	40 toe taps in 30 seconds	10 Star Jumps
Team 1 Fumble Lost	5 Headed Keepie ups	Film an around the world	5 Keepie Ups both feet both knees and one header	5 right foot Keepie ups hopping on left foot

B	I	N	G	O
Plank for 2 minutes	40 Keepie ups	Team 1 Field Goal	Right leg plank 1 minute	5 Headed Keepie ups
10 Keepie ups against a wall	Tie game after 0-0	5 Keepie Ups both feet both knees and one header	Team 2 timeout	Team 2 completed pass
40 toe taps in 30 seconds	Team 1 timeout	FREE	Film favourite fortnite dance	Team 1 Fumble Lost
10 Burpees	20 Press ups	Left leg plank 1 minute	Film an around the world	Balance on left foot touch floor
Team 2 passing TD	10 Star Jumps	Team 2 3rd down conversion	10 left foot Keepie ups	Team 2 Fumble Lost