Complete one or two activities per day. You can get bingo by completing a row across, down, or diagonally. Or be a super star and complete all the activities!

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| Do 20 jumping jacks or scissor jumpsInitial \_\_\_\_\_\_\_ Date \_\_\_\_\_\_ | Dance to your favorite music for 5 minutesInitial \_\_\_\_\_\_\_ Date \_\_\_\_\_\_ | Jump front to back over a stationary object 50 timesInitial \_\_\_\_\_\_\_ Date \_\_\_\_\_\_ | Go for a 20-30 minute walk with your familyInitial \_\_\_\_\_\_\_ Date \_\_\_\_\_\_ | Drink 8 glasses of water throughout the dayInitial \_\_\_\_\_\_\_ Date \_\_\_\_\_\_ |
| Crab walk across the room, forwards, backwards, and sideways.Initial \_\_\_\_\_\_\_ Date \_\_\_\_\_\_ | Have someone hold your feet and cross your arms across your chest while you perform as many sit-ups as you can in 1 minute.Initial \_\_\_\_\_\_\_ Date \_\_\_\_\_\_ | 10 side kicks10 front kicks10 back kicks(each leg)Initial \_\_\_\_\_\_\_ Date \_\_\_\_\_\_ | Do 20 forward and 20 backward arm circles.Initial \_\_\_\_\_\_\_ Date \_\_\_\_\_\_ | Do a chore around the house or yard. \**Parents’ get to choose the chore*.Initial \_\_\_\_\_\_\_ Date \_\_\_\_\_\_ |
| Complete all of our track day stretches. Hold each stretch for 10 seconds.Initial \_\_\_\_\_\_\_ Date \_\_\_\_\_\_ | Windmill – With feet apart and legs straight, stretch down and touch your foot with the opposite hand 10 times.Initial \_\_\_\_\_\_\_ Date \_\_\_\_\_\_ | Free SpaceDo your favorite physical activity. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Initial \_\_\_\_\_\_\_ Date \_\_\_\_\_\_ | Wall sit – pretend you are sitting on a chair, with your back against the wall (squat position) hold for one minute.Initial \_\_\_\_\_\_\_ Date \_\_\_\_\_\_ | Jump side to side over a stationary object 25 times.Initial \_\_\_\_\_\_\_ Date \_\_\_\_\_\_ |
| Go for a ride on your bike, scooter, skateboard, roller skates.Initial \_\_\_\_\_\_\_ Date \_\_\_\_\_\_ | Take a walk around your house or yard and find 10 things that start with the first letter of your name.Initial \_\_\_\_\_\_\_ Date \_\_\_\_\_\_ | Do 10 high knee twists. Bring your knee up to your opposite elbow then switch knees.Initial \_\_\_\_\_\_\_ Date \_\_\_\_\_\_ | Use your body to make as many letters of the alphabet as possible.Initial \_\_\_\_\_\_\_ Date \_\_\_\_\_\_ | Jog in place to your favorite song.Initial \_\_\_\_\_\_\_ Date \_\_\_\_\_\_ |
| Travel around your yard for 5 minutes using at least 4 different locomotor movements. (hop, jump, gallop, skip, slide, walk, leap)Initial \_\_\_\_\_\_\_ Date \_\_\_\_\_\_ | Eat at least one fruit or vegetable with each meal today.Initial \_\_\_\_\_\_\_ Date \_\_\_\_\_\_ | Jump as high as you can for 30 seconds. Rest. Jump as high as you can for 30 seconds. Initial \_\_\_\_\_\_\_ Date \_\_\_\_\_\_ | Jump rope (or pretend jump rope) to an entire song without stopping.Initial \_\_\_\_\_\_\_ Date \_\_\_\_\_\_ | Flamingo – Balance on right foot for 30 seconds, then switch to the left foot for 30 seconds.Initial \_\_\_\_\_\_\_ Date \_\_\_\_\_\_ |