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!

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Do 20 jumping jacks or scissor jumps  Initial \_\_\_\_\_\_\_ Date \_\_\_\_\_\_ | Dance to your favorite music for 5 minutes  Initial \_\_\_\_\_\_\_ Date \_\_\_\_\_\_ | Jump front to back over a stationary object 50 times  Initial \_\_\_\_\_\_\_ Date \_\_\_\_\_\_ | Go for a 20-30 minute walk with your family  Initial \_\_\_\_\_\_\_ Date \_\_\_\_\_\_ | Drink 8 glasses of water throughout the day  Initial \_\_\_\_\_\_\_ 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 kicks  10 front kicks  10 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 Space  Do 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 \_\_\_\_\_\_ |