



# Fitness Bingo

|  |   |  |   |   |
|--|---|--|---|---|
| <br>Ride bike              | <br>Go for a run     | <br>Play tennis           | <br>Do yoga              | <br>Play basketball    |
| <br>Go Swimming            | <br>Play soccer      | <br>Dance                 | <br>Go for a walk        | <br>Box                |
| <br>Up and down<br>— times | <br>Go hiking        | <b>FREE</b>  | <br>Go roller skating    | <br>Do karate          |
| <br>Do gymnastics        | <br>Go ice skating | <br>Run obstacle course | <br>Jump on trampoline | <br>Do jumping jacks |
| <br>Play football        | <br>Play tag       | <br>Lift weights        | <br>Jump rope          | <br>Mow the lawn     |



# Fitness Challenge



Go for a walk

|   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|



Do yoga

|   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|



Ride bike

|   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|



Jumping jacks

|   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|



Run obstacle course

|   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---|---|---|---|---|---|---|---|----|