



# Bulldog Bingo #1

Have a parent/guardian initial each square as you complete it! Get a blackout (all squares covered) and return to Mr. Forsyth, Mr. Regan, or Ms. Snelling to be put in a drawing for a prize!

Go for a 10 minute walk.	Read at least 20 pages in a book.	Cook one new healthy recipe with your family	Do 6 laps around your home.	Eat 3 cups of veggies in a day.
Try something new! Write below: _____	30 jumping jacks	10 push ups 20 squats 30 curl ups	Play outside for 20 minutes.	20 Lunges (alternate legs) 20 Calf Raises (up on your toes)
30 catches with a ball or item of your choice	Your choice of fitness based activity for 20 minutes		Go for a 20 minute walk.	Play a game with your family. (cards, sport, board game, etc.)
45 second plank	Play outside for 20 minutes	Eat 3 cups of veggies in a day	Read at least 10 pages in a book.	10 push ups 10 Curl Ups 10 Squats 10 second Butterfly Stretch
Give a compliment to each person in your house.	Jog in place for 1 minute	Your choice active activity For 10 minutes	Drink at least 5 cups of water in a day.	Help clean at least one room in your home.