

P.E. Bingo

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make 10 baskets in a row	go to bed on time	skip around the outside of your house 5 times	hop on 1 foot for 25 seconds	10 lunges
yoga stretches	20 sit ups	take your dog for a walk	10 planks	Brush your teeth at least 3 times
Drink a glass of milk	ride your bike for 20 minutes	Free!	eat 2 servings of fruit	play outside for 1 hour
jump rope for 15 minutes	eat 2 servings of vegetables	play catch with a friend	20 jumping jacks	jog in place for a 2 minutes
dance to your favorite song	drink water instead of a soda	race a friend	20 push ups	help with yard work

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eat 2 servings of vegetables	jump rope for 15 minutes	10 lunges	Brush your teeth at least 3 times	yoga stretches
go to bed on time	skip around the outside of your house 5 times	play outside for 1 hour	jog in place for a 2 minutes	20 push ups
take your dog for a walk	hop on 1 foot for 25 seconds	Free!	20 jumping jacks	ride your bike for 20 minutes
eat 2 servings of fruit	20 sit ups	help with yard work	dance to your favorite song	play catch with a friend
drink water instead of a soda	race a friend	make 10 baskets in a row	Drink a glass of milk	10 planks

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play catch with a friend	ride your bike for 20 minutes	10 lunges	jump rope for 15 minutes	hop on 1 foot for 25 seconds
eat 2 servings of vegetables	dance to your favorite song	skip around the outside of your house 5 times	play outside for 1 hour	10 planks
yoga stretches	make 10 baskets in a row	Free!	eat 2 servings of fruit	jog in place for a 2 minutes
Drink a glass of milk	take your dog for a walk	race a friend	20 push ups	go to bed on time
Brush your teeth at least 3 times	drink water instead of a soda	help with yard work	20 jumping jacks	20 sit ups

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ride your bike for 20 minutes	20 push ups	yoga stretches	Drink a glass of milk	hop on 1 foot for 25 seconds
20 jumping jacks	take your dog for a walk	10 planks	play catch with a friend	skip around the outside of your house 5 times
help with yard work	dance to your favorite song	Free!	go to bed on time	20 sit ups
jump rope for 15 minutes	jog in place for a 2 minutes	10 lunges	Brush your teeth at least 3 times	race a friend
make 10 baskets in a row	eat 2 servings of vegetables	drink water instead of a soda	eat 2 servings of fruit	play outside for 1 hour

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race a friend	help with yard work	yoga stretches	20 push ups	jump rope for 15 minutes
dance to your favorite song	Drink a glass of milk	make 10 baskets in a row	20 sit ups	hop on 1 foot for 25 seconds
drink water instead of a soda	go to bed on time	Free!	eat 2 servings of fruit	play catch with a friend
play outside for 1 hour	eat 2 servings of vegetables	Brush your teeth at least 3 times	10 lunges	take your dog for a walk
ride your bike for 20 minutes	10 planks	jog in place for a 2 minutes	20 jumping jacks	skip around the outside of your house 5 times

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ride your bike for 20 minutes	play catch with a friend	yoga stretches	jog in place for a 2 minutes	hop on 1 foot for 25 seconds
jump rope for 15 minutes	20 push ups	drink water instead of a soda	20 sit ups	race a friend
skip around the outside of your house 5 times	take your dog for a walk	Free!	10 planks	make 10 baskets in a row
20 jumping jacks	eat 2 servings of vegetables	Drink a glass of milk	Brush your teeth at least 3 times	10 lunges
go to bed on time	play outside for 1 hour	help with yard work	eat 2 servings of fruit	dance to your favorite song

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race a friend	take your dog for a walk	play outside for 1 hour	20 jumping jacks	dance to your favorite song
help with yard work	20 push ups	10 lunges	skip around the outside of your house 5 times	jog in place for a 2 minutes
hop on 1 foot for 25 seconds	make 10 baskets in a row	Free!	ride your bike for 20 minutes	10 planks
eat 2 servings of vegetables	go to bed on time	play catch with a friend	20 sit ups	eat 2 servings of fruit
yoga stretches	jump rope for 15 minutes	Brush your teeth at least 3 times	Drink a glass of milk	drink water instead of a soda

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drink water instead of a soda	ride your bike for 20 minutes	play catch with a friend	eat 2 servings of fruit	20 push ups
dance to your favorite song	race a friend	Free!	yoga stretches	10 lunges
hop on 1 foot for 25 seconds	10 planks	jog in place for a 2 minutes	jump rope for 15 minutes	Brush your teeth at least 3 times
go to bed on time	skip around the outside of your house 5 times	Drink a glass of milk	help with yard work	take your dog for a walk