

HEALTHY HABITS BINGO

RULES:

- Cross off squares to complete them and get a BINGO!
- You can do it during class or at home with your family, first person to finish WINS!
- BINGO should be done in a week / you can scratch horizontally, vertically and diagonally

Do 10 jumping jacks + 20 high knees	Reach 8000 steps a day	Eat 5 different fruits	Exercise for at least 30 minutes	Hold your breath for 10 seconds
Eat a healthy dinner	Go for a walk in the park	Eat a healthy vegetable soup	Stretch for 10 minutes	Dance for 10 minutes with music
Do 15 squats	Hold a plank for 30 seconds	Sprint in place for 30 seconds	Walk with a friend for 30 minutes	Do an online fun class
Do 5 yoga moves	Drink 3 liters of water	Walk/run for 20 minutes	Eat a healthy lunch	Eat a healthy breakfast
Eat a vegetable as a snack	Go full day with 0 sugar	Try a new physical activity	Balance on one foot while brushing teeth	Throw a ball upwards 50 times

WHAT'S
YOUR **30**?
30 MINUTES. 30 DAYS.



30 OCT - 28 NOV