



REVEAL YOUR CHAMPION '22

FEBRUARY BINGO



Give a valentine to someone



Eat 4 fruits and vegetables



20 seconds Thread the needle (x2)



10 Jumping Jacks



30 seconds Butterfly stretch (x2)



Post a photo of someone or something you love



Free Square!



30 second Shoulder Stretch (each arm)



Go for a walk



Attend a live event



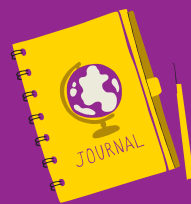
Try a healthy food!



Complete all challenges for the week



Drink 5 glasses of water



Take 5 minutes to reflect on your week



Make your favourite healthy snack



20 second Hurdlers stretch (each leg)

✘ - post your answer to facebook group

🔗 - instruction video

4 corners - 10pts

1 line - 25pts

2 lines - 50 pts

full card - 100 pts

WEEK 2