



## REVEAL YOUR CHAMPION '22

# FEBRUARY BINGO



What's your favourite Canadian Sport Moment




Eat 5 fruits and vegetables



Hold plank for 30 seconds



10 Jumping Jacks



20 seconds Standing Toe Touch (x2)



Follow along with this quick meditation



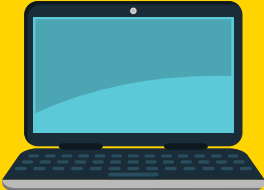
Free Square!



2x 20 second Tricep Stretch (each arm)



Do 10 Push Ups (x2)



Attend a live event



Try a Canadian Themed recipe



Complete all challenges for the week



Drink 5 glasses of water



Take 5 minutes to reflect on your week



Draw a Canadian themed picture



Do 10 Sit Ups (x2)

-  - post your answer to facebook group
-  - instruction video
- 4 corners - 10pts
- 1 line - 25pts
- 2 lines - 50 pts
- full card - 100 pts

