



REVEAL YOUR CHAMPION '22

FEBRUARY BINGO




What would you name a spaceship?



Share your favourite Canadian astronaut quote




Train like an Astronaut!
Hold plank for 30 sec



Try a new physical activity or sports drill



Do 30 Jumping Jacks



10 minutes of stretching per day




Free Square!



Perform 30 second wall sit each day



Spend 30 min outside



Attend a live event



Perform an act of kindness for someone



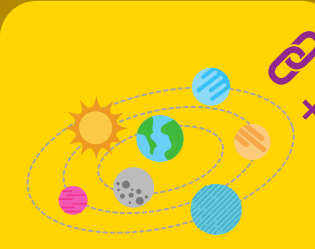
Complete all challenges for the week




Drink 5 glasses of water



Take 10 minutes to reflect on your week



Draw the solar system!



Walk for 30 sec while balancing an object on your head

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

