

4 corners - 10pts
1 line - 25pts
2 lines - 50 pts
full card - 100 pts



REVEAL YOUR CHAMPION



TEAM ONTARIO BINGO

 <p>Make 5 Team Ontario Kindness Pins</p>	 <p>Make a cup of hot chocolate</p>	 <p>10 jumping jacks (x2)</p>	 <p>15 second runners lunge each leg (x2)</p>
 <p>10 standing bicycles (x2)</p>	 <p>10 tricep dips (x2)</p>	 <p>Free Square!</p>	 <p>Visit a local park</p>
 <p><u>Complete the Team Member Bio Form</u></p>	 <p>Get some fresh air and go for a walk 3 times a week</p>	 <p>Get to know your coach by email or phone</p>	 <p><u>Download the SO Fitness App</u></p>
 <p>Drink 5 glasses of water - each week</p>	 <p>Eat 3 servings/pieces of fruit or vegetables - every day!</p>	 <p>Take 5 mins to reflect on your week</p>	 <p>Try a new food or recipe</p>

WEEK 1