

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



REVEAL YOUR CHAMPION



TEAM ONTARIO BINGO



Name your favourite superhero



Make a superhero themed meal



20 lunges on each leg



Make 5 Team Ontario Kindness Pins



10 squats



Take a selfie with your medals!



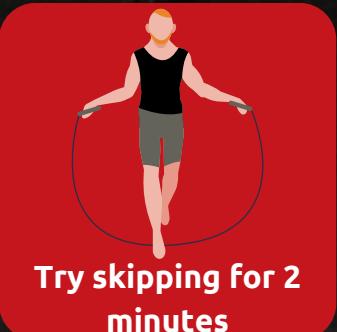
Free Square!



Draw your favourite superhero



10 minutes of stretching



Try skipping for 2 minutes



Celebrate someone else's success



Go for a walk - 3 times a week



Drink 5 glasses of water - each week



Each Lunch included food from EVERY food group



Write about your favourite part of this week



Watch a superhero movie

WEEK 4