

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



REVEAL YOUR CHAMPION



TEAM ONTARIO BINGO



Do your favourite dance move!



Download the Team ON Playlist



20 second toe touch (x2)



30 second Plank hold



20 second Hamstring stretch (each leg)



Listen to your favourite workout song!



Free Square!



20 second cross arm stretch (2x each arm)



Have a dance break!



Eat 5 fruits and vegetables - each day



Walk or run for 20 minutes



Make 5 Team Ontario Kindness Pins



Drink 5 glasses of water - each week



Take 5 minutes to reflect on your week



Take time to relax and wind down



20 second standing crunches (each leg)

WEEK 7