

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



REVEAL YOUR CHAMPION



TEAM ONTARIO BINGO

Thank you

Thank 5 Volunteers supporting your Team Ontario Training

Hold a 2 minute plank

Visit a local park

Share a healthy recipe with a friend

Take a 30 minute walk or bike ride outside

Recreate your favourite yoga pose

Free Square!

Make 5 Team Ontario THANK YOU Pins

20 push-ups

Enjoy a healthy snack

Dance to your favorite song

15 Sit-Ups (X2)

Drink 4 bottles of water in one day

Complete one of your goals for the week

Snap a picture of the sunrise or sunset

Stretch for 10 minutes every day

WEEK 11