

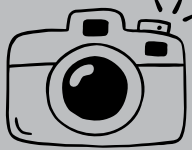
4 corners - 10pts
1 line - 25pts
2 lines - 50 pts
full card - 100 pts



REVEAL YOUR CHAMPION



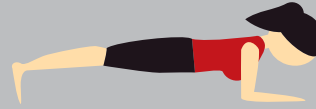
TEAM ONTARIO BINGO



Take a picture of 5 of your favourite things



Enjoy a healthy snack



Hold plank each day; for longer than the day before



Try a new physical activity or sports drill



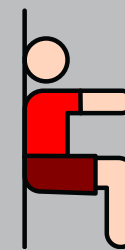
Do 30 Jumping Jacks



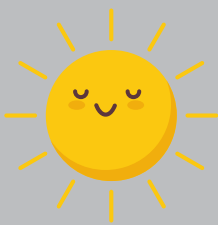
Complete 10 minutes of stretching per day



Free Square!



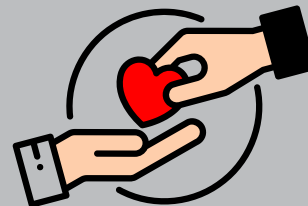
Perform a 30 second wall sit every day



Spend 30 minutes outside



Practice proper handwashing for at least 20 seconds



Perform an act of kindness for someone



Complete all challenges for the week



Drink 5 glasses of water - each week



Take 10 minutes to reflect on your week



Make 5 Team Ontario THANK YOU Pins



Walk for 30 seconds while balancing an object on your head

WEEK 12