

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



REVEAL YOUR CHAMPION



TEAM ONTARIO BINGO



Make 5
Team Ontario
THANK YOU Pins



Stretch for 10
minutes a day



Do 10 lunges on
each leg



20 Bicycle Crunches



Learn how to juggle



Go for a walk outside



Free Square!



2 minutes of skipping



20 Jump Squats



Try a new food or
recipe



Wash your face in the
morning and evening




Help in your garden
or photograph local
gardens



Drink 5 glasses of
water - each week



Spend 30 minutes
outside



Listen to your
favourite songs



Enjoy your favourite
post workout snack

WEEK 13