

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



REVEAL YOUR CHAMPION



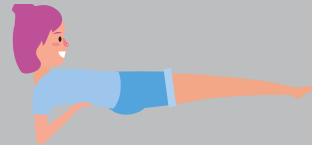
TEAM ONTARIO BINGO



Colour the POSITIVE
Colouring Sheet



Make 5
Team Ontario
THANK YOU Pins



Flutter kicks for 30
seconds (x2)



10 Push Ups (x2)



10 reps resistance band
chest press



10 Squats (x2)



Free Square!



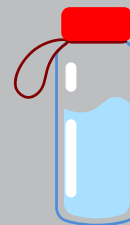
10 reps resistance band
lateral raises



10 crossover crunches
per side



Eat 5 fruits and
vegetables



Refill your water bottle
3 times in one day



Hold a side plank for 30
seconds each side



Drink 5 glasses of
water



Take 5 minutes to
reflect on your week



Spend 30 minutes
outside - everyday



Complete all challenges
for the week

WEEK 14