

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



REVEAL YOUR CHAMPION



TEAM ONTARIO BINGO



Attend the
Team ON Virtual
Meeting August 8



Plan your healthy
lunch/snacks for
travel day



Write down your
Goals for Games



Review the
Team Ontario
Readiness Guide



Make sure you have
all your personal
hygiene items



Pack everything you
need to compete



Free Square!



Get 8 hours of Sleep
each night
This Week



Pack activities for
Travel Day



Pack all Items
on your Packing List



Review airplane
stretches



Pack your
Kindness & Thank You
Pin



Pack your
Water Bottle



Pack a notebook to
write down
memories



Dance to your
favourite song



Check in on a
teammate or friend

WEEK 18