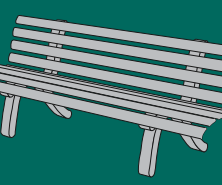
4 corners - 10pts
1 line - 25pts
2 lines - 50 pts
full card - 100 pts

DISTRICT TEAM BINGO

 10 jumping jacks	 Spend 30 minutes outside	 Walk with a Friend	 Free Square!
 Take a dance break	 Take time to relax and wind down	 Shower after a workout	 Compliment a teammate or friend
 Snap a picture of the sunrise or sunset	 10 minutes of stretching	 Enjoy your favourite post workout snack	 Visit a local park
 Drink 5 glasses of water - each week!	 Eat 3 pieces of fruit or vegetables	 15 second runners lunge each leg (x2)	 Listen to your favourite workout song!

WEEK 1