

Fitness Bingo

Complete activities in a line, diagonal, or the whole grid for a full challenge!

10 Push-ups	20 Squats	1 min Plank	Drink 2L Water	30 min Walk
15 Lunges	Stretch 10 min	Try Yoga	Cook a Healthy Meal	10 Burpees
Meditate 5 min	20 Sit-ups	Dance 10 min	Run 2 km	Bike 5 km
15 Tricep Dips	Climb Stairs	Sleep 8h	No Sugar Today	Go Outside
30 Jumping Jacks	Try New Veg	Balance 1 min	Do 5 Push-ups Extra	Compliment Someone