

Health & Fitness Bingo

Over the next two weeks see how many challenges you can complete. I can't wait to see how many you can do. Take photos of your challenges or record a diary.

8 minute wall
squat

Play outside
for 30
minutes

Complete 10
sprints of
10 metres

Find a step
and step up
and down 20

Play a board
game or cards
with someone

Stretch for
10 minutes

10 different
yoga poses

Challenge
someone to a
star jump

2 minute
plank

Go for a 30
minute walk

Complete a 10
minute active
youtube clip

Write a letter
to someone you
appreciate

3 minute plank

Cook
something
healthy

Play outside
for 30
minutes

Help garden
for 30
minutes

30 squats

Practice
handstands
or cartwheels

@miss.g.88



