



# Activity Bingo

How many  
crunches can  
you do?

Wall Sit  
for 45  
seconds

Run in  
place for 30  
seconds

Perform  
a dance  
routine

Jump rope  
and count  
your steps

Get 4,000  
steps in  
one day!

Perform 10  
Burpees,  
modify as  
necessary

Perform  
a song  
for your  
family

Family  
Dance  
Party!

Perform  
30 sit ups

Get 5,000  
steps in  
one day!

Perform 2  
sets of 10  
lunges,  
each leg

Get 6,000  
steps in  
one day!

Hold plank  
position or  
modified plank  
position

Take a walk  
around your  
neighborhood

Get outside  
and draw  
with chalk

Be in child's  
pose and  
take 5 deep  
breaths

Perform 30  
pushups

Perform 20  
shuttles, walking,  
running

Shoot 15  
free throws

Perform  
Jumping Jacks

Get in  
8,000 steps  
in one day!

Play catch  
with your  
family

Go for a  
bike ride

Get a good  
book and  
read in the  
sun

Skip for 2  
minutes

Get 10,000  
steps in  
one day

Ski Jump  
over a  
pillow

Perform 5  
cartwheels

Dribble (basketball  
or soccer) around  
your yard or  
driveway

## How to Play

Once you complete the activity, check it off!

Activities in blue pentangle are done in 60 seconds

Modify as needed; if the activity is too hard, change it 😊

Be honest!

### Gold Award

Complete every activity!

### Silver Award

Complete a row, column or diagonal

### Bronze Award

Complete one activity from each row