

Activity Bingo

Have a dance party with your family

Hold a plank for 30 seconds

Do 10 pushups or modified pushups

Do 10 I'm A Star! Jumping jacks

Dribble (with soccer ball or basketball) around your yard or driveway

Do as many crunches as you can

Go for a walk around your neighborhood

Jump rope and count your steps!

Complete 20 shuttles (running, walking or moving)

Do a wall sit for 30 seconds

Get at least 4,000 steps in for the day

Go for a family bike ride

Perform 30 squats

Perform 2 sets of 5 Burpees

Hop, jump on 1 foot or stand still

Ski jump over a pillow 20 times

How to Play

Once you complete the activity, check it off!

Activities in green squares 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