


February Fitness Bingo!



Family Plank Challenge!!! Who will win?	Hug someone for 1 minute	1 minute of jumping jacks	Eat a heart smart lunch today	Do 20 frog jumps
Do 30 seconds of push-ups	Shoot 10-15 sock balls in an empty tub	8 minutes of jogging with your family	Do 15 burpies	Play outside for 30 minutes
Play actively with your family for 30 minutes	Do 40 line jumps	 Free!	Bear walk around your biggest room twice	Eat a heart smart breakfast
Underhand throw pretend snowballs in an empty tub	Do superman for a minute	Eat a heart smart dinner	Squeeze a tennis ball for grip strength 10x's	Make snowballs and aim at a target
Eat a heart smart snack	Do pushups for 30 seconds	Stretch with your family for 10 minutes	Plank with a family member for 1:30	Plank and read or Stretch and read for 10 min.

Name _____ Grade: K 1 2 3 4 5

Please return to Mrs. Bussell by March 2nd 10:00 am