

**BeFIT BINGO**  
November 4 – December 6

Name \_\_\_\_\_

	B	I	N	G	O
B	Do 25 Tricep Dips with a chair Date _____	30 min. of physical activity ( <b>outside of work day</b> activity – i.e. running, walking, basketball) Date _____	Perform 25 sit-ups or crunches Date _____	10 min. stretch in the morning Date _____	Do 25 standing heel raises Date _____
I	2 active TV commercial breaks (12 jumping jacks, 12 push-ups, 12 sit ups each commercial break) Date _____	Hold a plank position for at least 45 seconds Date _____	Perform 25 jumping jacks Date _____	Perform 25 push ups Date _____	Take a 10 min. walk Date _____
N	30 min. of dancing Date _____	10 min. of stretching before bed Date _____	Park in the furthest parking spot all day Date _____	2 min. of jumping rope non-stop Date _____	30 min. of aerobic exercise Date _____
G	Find a new exercise you can perform at home; try it out Date _____	Use the stairs all day; do not use elevators or escalators Date _____	45 min. of your favorite physical activity Date _____	Take a 20 min. walk Date _____	Perform 25 squats Date _____
O	30 min. of exercise with another person or group Date _____	Perform 25 Lunges Date _____	Ride a bicycle, roller blade for 30 min. Date _____	Complete an exercise workout DVD Date _____	30 min. of yoga, pilates, or relaxation stretching Date _____

**BeFIT Bingo Rules:**

- Enter the date as you complete the activities on the card.
- **Complete ONE BINGO each week.** (You may print a card each week, or put all dates on the same sheet.)
- **BINGO** can be earned **vertically, horizontally, diagonally, or by completing any 6 squares in the card!**
- Submit all sheets to **Mandi Artino, by December 13, 2019**