

# CREEKSIDE WELLNESS BINGO

20 min Dance Party (DDR, Just Dance, etc)	Make a healthy smoothie _____ _____	2 or less hours of Screen Time today	100- 90° Target Squats today	15 min of Shooting Hoops
Color, Draw, or Paint for 20 min	Got @ least 10,000 steps today _____	20 min Bike Ride Outside	15 min of Stretching or Yoga Video	Help cook dinner w/a family member
No beverages other than water today	Complete Five 30 sec Planks today	40 Hand Release Burpees for time __:__	20 min Jog/Walk Outside	Play Instrument or Sing @ least 5 songs
Play catch outside w/family member for @ least 15 min	Read for @ least 20 min	Eat @ least 5 servings of Veggies/Fruits today	Write a "Thank You" note to 2 people _____ _____	20 min walk or jog w/a family member _____
20 min Workout video from YouTube w/a parent _____	Call or Facetime a friend/family member	20 min of "Free Play" outside	Make a Healthy, Nutrient Dense Snack _____	Drink half your body wgt in oz. of water today

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See how many Bingos you can accrue during the next couple weeks!! :) )