

Fitness Bingo Card 1

B	I	N	G	O
Choose your own Workout (anything you would like)	Go for a Walk	Complete 100 Squats (take breaks as needed)	Complete a workout with your roommates or virtually with another friend	Choose your 5 favourite exercises and complete 20 reps of each
Get outside and participate in your favourite outdoor activity (soccer, basketball, frisbee, ect)	Walk up and down the stairs 5 times (no stairs...walk around your home 5 times instead)	Try a new fitness activity (something that you've never done before)	Turn on your Favourite Song and Dance	Complete 100 Burpees (take breaks as needed)
Complete a SWC Full Body Workout on Facebook or Instagram	Complete 100 Pushups (take breaks as needed)	FREE	Complete 100 Jumping Jacks	Complete 10,000 steps (one day)
Complete 2 minutes of Wall Sitting (take breaks as needed)	Try a new fitness activity (something that you've never done before)	Take a Stretch Break	Complete 3 minutes of Plank Hold (take breaks as needed)	Run or Walk 5 km
Take today's workout outside	10 Squats 10 Pushups 10 Lunges	Complete a SWC Core Workout on Facebook or Instagram	Go for a Bike Ride (no bike...try 5 minutes of skipping instead)	Tune into Dan's Lockdown Yoga (signup on our website)

Fitness Bingo Card 2

B	I	N	G	O
Tune into Dan's Lockdown Yoga (signup on our website)	Try a new fitness activity (something that you've never done before)	Go for a Walk	Complete 100 Pushups (take breaks as needed)	Take a Stretch Break
Walk up and down the stairs 5 times (no stairs...walk around your home 5 times instead)	Turn on your Favourite Song and Dance	Take today's workout outside	Complete 15,000 steps today	Complete 100 Jumping Jacks
Complete 100 Squats (take breaks as needed)	Go for a Bike Ride (no bike...try 5 minutes of skipping instead)	FREE	Choose your own Workout (anything you would like)	Get outside and participate in your favourite outdoor activity (soccer, basketball, frisbee, ect)
Complete 10,000 steps today	10 Squats 10 Pushups 10 Lunges	Complete 100 Burpees (take breaks as needed)	Complete a SWC Full Body Workout on Facebook or Instagram	Complete 2 minutes of Wall Sitting (take breaks as needed)
Complete a workout with your roommates or virtually with another friend	Complete 3 minutes of Plank Hold (take breaks as needed)	Choose your 5 favourite exercises and complete 20 reps of each	Run or Walk 5 km	Complete a SWC Core Workout on Facebook or Instagram

Fitness Bingo Card 3

B	I	N	G	O
Complete 15,000 steps today	Complete a SWC Full Body Workout on Facebook or Instagram	Walk up and down the stairs 5 times (no stairs...walk around your home 5 times instead)	Complete 2 minutes of Wall Sitting (take breaks as needed)	Tune into Dan's Lockdown Yoga (signup on our website)
Get outside and participate in your favourite outdoor activity (soccer, basketball, frisbee, ect)	Run or Walk 5 km	Complete 100 Pushups (take breaks as needed)	Turn on your Favourite Song and Dance	Complete 100 Squats (take breaks as needed)
Complete a SWC Core Workout on Facebook or Instagram	Complete 100 Burpees (take breaks as needed)	FREE	Go for a Walk	Complete a workout with your roommates or virtually with another friend
Take a Stretch Break	Take today's workout outside	Try a new fitness activity (something that you've never done before)	Choose your 5 favourite exercises and complete 20 reps of each	Complete 10,000 steps today
Complete 3 minutes of Plank Hold (take breaks as needed)	10 Squats 10 Pushups 10 Lunges	Choose your own Workout (anything you would like)	Complete 100 Jumping Jacks	Go for a Bike Ride (no bike...try 5 minutes of skipping instead)

Fitness Bingo Card 4

B	I	N	G	O
Go for a Bike Ride (no bike...try 5 minutes of skipping instead)	Complete 100 Squats (take breaks as needed)	Choose your 5 favourite exercises and complete 20 reps of each	Complete 100 Pushups (take breaks as needed)	Run or Walk 5 km
Complete 3 minutes of Plank Hold (take breaks as needed)	Walk up and down the stairs 5 times (no stairs...walk around your home 5 times instead)	Take a Stretch Break	Turn on your Favourite Song and Dance	Complete 100 Burpees (take breaks as needed)
Complete a workout with your roommates or virtually with another friend	Get outside and participate in your favourite outdoor activity (soccer, basketball, frisbee, ect)	FREE	Complete a SWC Core Workout on Facebook or Instagram	Complete a SWC Full Body Workout on Facebook or Instagram
Go for a Walk	Choose your own Workout (anything you would like)	Complete 10,000 steps today	Try a new fitness activity (something that you've never done before)	10 Squats 10 Pushups 10 Lunges
Tune into Dan's Lockdown Yoga (signup on our website)	Complete 100 Jumping Jacks	Complete 2 minutes of Wall Sitting (take breaks as needed)	Take today's workout outside	Complete 15,000 steps today