



Fitness Bingo

 Ride bike	 Go for a run	 Play tennis	 Do yoga	 Play basketball
 Go Swimming	 Play soccer	 Dance	 Go for a walk	 Box
 Up and down — times	 Go hiking	FREE	 Go roller skating	 Do karate
 Do gymnastics	 Go ice skating	 Run obstacle course	 Jump on trampoline	 Do jumping jacks
 Play football	 Play tag	 Lift weights	 Jump rope	 Mow the lawn



Fitness Challenge



Go for a walk

1	2	3	4	5	6	7	8	9	10
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Do yoga

1	2	3	4	5	6	7	8	9	10
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Ride bike

1	2	3	4	5	6	7	8	9	10
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Jumping jacks

1	2	3	4	5	6	7	8	9	10
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Run obstacle course

1	2	3	4	5	6	7	8	9	10
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Ride bike

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Jumping jacks

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Run obstacle course

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