Arnold SportsWorld Fitness Challenge BINGO



For the next 3 weeks of May - Choose 5 squares in a winning pattern each week. Must be a different pattern each week. Log your activities in the log sheet on Page 2.

В	I	N	G	Ο
Outdoor Physical Activity	Quiet Time - meditate,	Set aside time to do	Wash Hands at least 5	Housework - dust, yard
15 mins. or more	yoga, stretch, do a puzzle,	something you love.	times everyday day	work, sweep, wash
Walking, jogging, biking,	read, draw, paint, etc.		Drink Water daily	windows, vacuum, clean
swimming, etc 5 times	15 mins. or more			room, etc.
during the week	once during the week			1 time during the week
Housework - dust, yard	Send a thank you note	Outdoor Physical Activity	Quiet Time - meditate,	Wash Hands at least 5
work, sweep, wash	to someone who has	15 mins. or more	yoga, stretch, do a puzzle,	times everyday day
windows, vacuum, clean	done something nice	Walking, jogging, biking,	read, draw, paint, etc.	Drink Water daily
room, etc.	for you	swimming, etc 5 times	15 mins. or more	
1 time during the week		during the week	once during the week	
Turn off all devices	Housework - dust, yard	Wash Hands at least 5	Play a board game or	Outdoor Physical Activity
for at least 5 hours.	work, sweep, wash	times everyday day	card game with family or	15 mins. or more
1 time during the week	windows, vacuum, clean	Drink Water daily	someone in your bubble	Walking, jogging, biking,
	room, etc.		once a week.	swimming, etc 5 times
	1 time during the week			during the week
Wash Hands at least 5	Outdoor Physical Activity	Quiet Time - meditate,	Housework - dust, yard	Eat a healthy snack
times everyday day	15 mins. or more	yoga, stretch, do a puzzle,	work, sweep, wash	1 each day
Drink Water daily	Walking, jogging, biking,	read, draw, paint, etc.	windows, vacuum, clean	
	swimming, etc 5 times	15 mins. or more	room, etc.	
	during the week	once during the week	1 time during the week	
Quiet Time - meditate,	Wash Hands at least 5	Housework - dust, yard	Outdoor Physical Activity	Create your own 15 min.
yoga, stretch, do a puzzle,	times everyday day	work, sweep, wash	15 mins. or more	workout - dance, jump
read, draw, paint, etc.	Drink Water daily	windows, vacuum, clean	Walking, jogging, biking,	rope, practice a sport or
15 mins. or more		room, etc.	swimming, etc 5 times	try a new sport once
once during the week		1 time during the week	during the week	a week.

Each activity is designed to help you improve or maintain your overall health - physically, socially, emotionally and cognitively. Remember - We are promoting healthy habits for LIFE!!

LOG SHEET	NAME	EMAIL			

Instructions:

- 1 Printout the BINGO Activity sheet and record what you do each day on the log Sheet.
- 2 Send the log sheet back at the end of the month (May 31) to Lea Coburn at lea@arnoldexpo.com
- 3 Your name will be put in a drawing for prizes and the winners will be notified by email.
- 4 A list of names will also be posted on our facebook & instragram.