

# 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.

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

<b>LOG SHEET</b>	<b>NAME _____</b>	<b>EMAIL _____</b>		

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](mailto: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 & instagram.