

**FIT CLUB BINGO**

**Mark off each box you complete. Try to complete them all in the time given.**

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|  | **F** | **I** | **T** |
| **C** | **Find someone from your same grade and do 10 squats together!** | **Find someone doing exercises and tell them “Good Job” or encourage them to keep up the good work!** | **Grab a friend and jog 1 lap together.** |
| **L** | **Tip-toe over to one of the coaches, give them your best smile, and thank them for being your Fitness Club Coach.** | **Introduce yourself to someone you don’t know, ask their favorite exercise, and do 10 of those!** | **Water Break!** |
| **U** | **Get together with at least two other club members and walk, skip, or gallop a lap together.** | **Count how many push-ups you can do today & set a goal to be able to do more by the end of Fit Club!** | **Run to one of the Coaches & give them a high five!** |
| **B** | **Plank challenge! Pick a partner and see who can hold a plank the longest. High five the winner!** | **Do 10 Star Jumps because you are a STAR for being a part of Fitness Club.** | **Find someone to stretch with and while stretching, tell them why you joined the Fitness Club.** |