



DLMS PE BINGO



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| Monday Drink at least 2L of water | Stretch for 10 minutes | 20 Burpee's (one day or over the week) | Be outside for 10 minutes every day this week | Thursday No Electronics 30 minutes before bed |
| Wednesday No Electronics 30 minutes before bed | Make your bed any 3 days this week | Tuesday Drink at least 2L of water | Silently Meditate for 5 minutes | Complete a 1 Km walk or bike ride |
| Accumulate 2 minutes of planking every day this week | Monday No Electronics 30 minutes before bed | FREE | Consume 3 servings of vegetables today | Wednesday Drink at least 2L of water |
| 100 Jumping Jacks (one day or over the week) | Consume 3 servings of fruit today | Friday No Electronics 30 minutes before bed | Thursday Drink at least 2L of water | Dance for 5 minutes today |
| Friday Drink at least 2L of water | 25 push ups (one day or over the week) | Complete a 3 Km walk or bike ride | 50 Air Squats (one day or over the week) | Tuesday No Electronics 30 minutes before bed |

Print this form and over the next 5 days try to complete as many tasks as possible! At the end of this week send a picture of your results to mike.mccallum@nbed.nb.ca

There will be a new sheet each week of April. There will be a weekly prize as well as a grand prize at the end of the 4 weeks!

GOOD LUCK AND HAVE FUN!