

FITNESS BINGO CHALLENGE

Get active with the “Take a 30 minute walk or bike ride” square. Build healthy habits with the “No soda all day” square. And enjoy so many other healthy activities and exercises using this Bingo card.

Your goal is to get as many Bingos as you can.

EARN POINTS: For Each Bingo You will earn you 1 point. A completed Bingo Card will earn you an additional 10 points.

Bonus Points: Get 5 extra points for each week you submit a photo from one of the activities.

Winners: Top 2 points totals win a VFIT Spring Gift Basket

Registration Information:

Registration not required to participate, **but required to win.**

Log in at the end of each week to submit all of your bingos.

Last day to submit: Week 1(4/24/22) Week 2 (5/1/22)

**Download your BINGO Fitness Challenge card from
www.vfitdc.com**

Medical Disclaimer: The information provided on this site, including text, graphics, images and other material, are for informational purposes only and are not intended to substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician or other healthcare professional with any questions or concerns you may have regarding your condition.

Week 1: April 18



B1

50 cobra push-ups

I1

Try a new sport (other than your usual physical activity)

N1

15 minutes stretching, 2x this week

G1

Eat 5 Fruits and Vegetables today

O1

30 min Walk on a nature trail (not paved roads)

B2

Read a book for 15-20 minutes

I2

Push yourself for a personal best (workout with Chay)

N2

Take the stairs all day

G2

Turn your phone off for 3 hours

O2

Give someone a compliment

B3

Walk 20 minutes, 3x this week

I3

Complete **Wordle** 3x this week

N3

FREE
Do your favorite activity today :)

G3

Spend 15 min outside, 5x this week

O3

Grow a vegetable or fruit in your indoor/outdoor

B4

Get 8 hours of sleep

I4

Visit a Farmers Market for some fresh produce

N4

Encourage a friend to walk, ride a bike, swim

G4

Take a breathing/relaxation break

O4

Zoom Workout With Chay

B5

Exercise 15 minutes with a Partner

I5

Go for a long walk /hike (1h or more)

N5

Hold an Invisible chair/wall sit for 2 minute

G5

Up Sally/Down Sally
Squats

O5

Try a guided mediation

Week 2: April 25



B1

Drink 5 16oz cups of water in one day

I1

60 min Walk on a nature trail

N1

Complete Online work With Chay

G1

No soda or juice all week

O1

Get 8 hours of sleep

B2

Zoom Workout With Chay

I2

Eat 2 fruits a day this week

N2

100 jumping jacks

G2

Hold a plank for 1 minute

O2

15 minutes stretching, 4x this week

B3

Eat a total of 5 fruits and vegetables in one day

I3

Walk 20 minutes, 3x this week

N3

FREE
Do your favorite activity today :)

G3

Find a new recipe and cook it at home

O3

10 minutes of journaling or meditation

B4

Take a 30 minute walk or bike ride

I4

Spend 15 min outside, 5x this week

N4

Give someone a compliment

G4

Complete Fitness assessment with Chay

O4

Complete Wordle 5x this week

B5

Do 30 minutes of yoga 3x this week

I5

Up Sally/Down Sally
Plank Ups

N5

Push yourself for a personal best (workout with Chay)

G5

20 minutes Strength Training, 2x this week

O5

20 minute dance party