



### YMCA FAMILY FITNESS BINGO CHALLENGE

FAMILY WORKOUT (Bike ride, Walk, Exercise, Etc)	COOK WITH YOUR KIDS: COOK A HEALTHY MEAL FOR BREAKFAST, LUNCH, OR DINNER	DO A FAMILY YOGA WORKOUT	FAMILY GAME NIGHT PLAY A GAME WITH YOUR FAMILY	FAMILY PLANK CHALLENGE WHO CAN LAST THE LONGEST
STRETCH FOR 15 MINUTES	GO FOR A WALK, JOG, OR RUN FOR AT LEAST 15 MINUTES	DO A FAMILY RELAY, 3 LEGGED RACE, WHEELBARREL, OR PIGGY BACK RACE.	WORKOUT WITH YOUR SPOUSE	COOK WITH YOUR KIDS: COOK A HEALTHY MEAL FOR BREAKFAST, LUNCH, OR DINNER
ZOOM A WORKOUT WITH A FRIEND OR FAMILY MEMBER	TAKE A YMCA FACEBOOK FITNESS CLASS	TAKE A SELFIE (FREE SPACE)	DO 10 JUMPING JACKS 10 SQUATS 10 PUSH-UPS	DANCE TO YOUR FAVORITE SONG(S)
GO ON A NATURE HUNT FOR THE ANY OF THE FOLLOWING: TREE BUDS, DUCK, SQUIRREL, BIRD	POST A #LIVewithTHEY PHOTO AFTER A YMCA WORKOUT	FAMILY WALL SQUAT CHALLENGE WHO CAN WALL SQUAT THE LONGEST	DRINK 10, 8oz GLASSES OF WATER TODAY	EAT 2 FRUITS TODAY
EAT 2 VEGTABLES TODAY	FAMILY BURPEE CHALLENGE DO 10 BURPEES TOGETHER	SET UP A FAMILY OBSTACLE COURSE IN YOUR YARD OR DRIVEWAY.	EACH MEMBER OF THE FAMILY CHOOSES AN EXERCISE TO DO FOR 30-60 SECONDS.	DO A PROJECT FROM THE "KEEPING KIDS CONNCETED" YMCA PAGE

1. Take a picture of your family completing one of the activities listed on the board.
2. Collect a set of 5 photos to make a bingo
3. Email pictures to [kderengowski@jolietymca.org](mailto:kderengowski@jolietymca.org)
4. Participants with all activities documented will be entered into a drawing for Y swag and local business gift cards.
5. Limit 3 bingo entries per family