



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL into FITNESS

NAME:

DATE:

Note: When two activities are listed in a box below, participants only need to complete one of the listed activities to mark the box completed.

B	I	N	G	O
Ride a stationary bike for 30 minutes ----- Ride a bike outside for 30 minutes	Complete 4 workouts in one week	Eat at least 2 veggies each day for one week	YOUR CHOICE: Repeat anything on this card	Try a new group fitness class at the Y ----- Participate in a class via Facebook Live
Complete an upper body strength workout	Try any new piece of equipment ----- Download and complete an At Home Workout from the Y's website	Make a new friend at the Y ----- Follow or like the YMCA on Facebook	Exercise your mind (Complete a puzzle, game, or read a book)	Complete 30 minutes on an elliptical ----- Complete 30 minutes of cardio at home
Take a yoga class ----- Participate in a yoga class via ymca360.org	Complete 30 minutes on a treadmill ----- Take a 30 minute walk outside	FREE SPACE	Complete a lower body strength workout	Drink 8 glasses of water in a day
Complete a 20 minute ab workout of your choice	Take a Zumba class ----- Dance to your music at home	Exercise 3 days in a row	Eat at least one fruit serving per day for a week	Take a class before 10 a.m. ----- Participate in a class via Facebook Live before 10 a.m.
Complete a full body strength workout	Take a class after 4 p.m. ----- Participate in a class via Facebook Live after 4 p.m.	Exercise for 30 minutes on Saturday or Sunday	Take any group exercise class ----- Participate in a class via Facebook Live	Ask a staff member about the Y's annual campaign



CHALLENGE RULES:

1. This challenge is free! Registration begins on Monday, August 31.
2. This 5-week challenge will start on Monday, September 28 and end on Sunday, November 1.
3. Complete a Bingo line by completing 5 activities on the card, either horizontally, vertically, or diagonally.
4. The more lines you complete, the more chances to win!
5. At the end of the week, turn in your Bingo card with your completed line(s).
6. Every week, you will get a raffle ticket for each Bingo line you submit.
7. There will be three weekly raffle winners from that week's submitted Bingo cards.
8. Every week, pick up a new Bingo card for new chances to win!