

Name: \_\_\_\_\_

# Stay **fit** and play **BINGO!**

Blackout your Fitness Bingo card and yell "Bingo!"  
(Credit will be given for one completed activity each day.)

				
Eat 5 fruits and vegetables	Stretch for 10 minutes	Walk for 10 minutes	Work on your balance for 10 minutes	Write down your goals for July
Tell us what you love about CHF on a comment card	Take a virtual strength class	Take a Group Exercise class	Perform a wall sit for 30 seconds	Take a Zumba or Dance Fitness class
Eat a healthy snack	Take a mat Pilates or simply stretch class	Take a yoga or simply stretch class	Get 7-8 hours of sleep	Take a virtual mindfulness class
Complete 30 minutes of Cardio	Try a new virtual class	Drink 6-8 glasses of water	Increase your reps by 2 on your training exercises for 1 workout session.	Increase your cardio workout by 5 minutes
Plank for 30 seconds	Do ten sit ups	Take a Group Exercise class	Try a new virtual class	Take the stairs instead of the elevator or march in place for 5 min.